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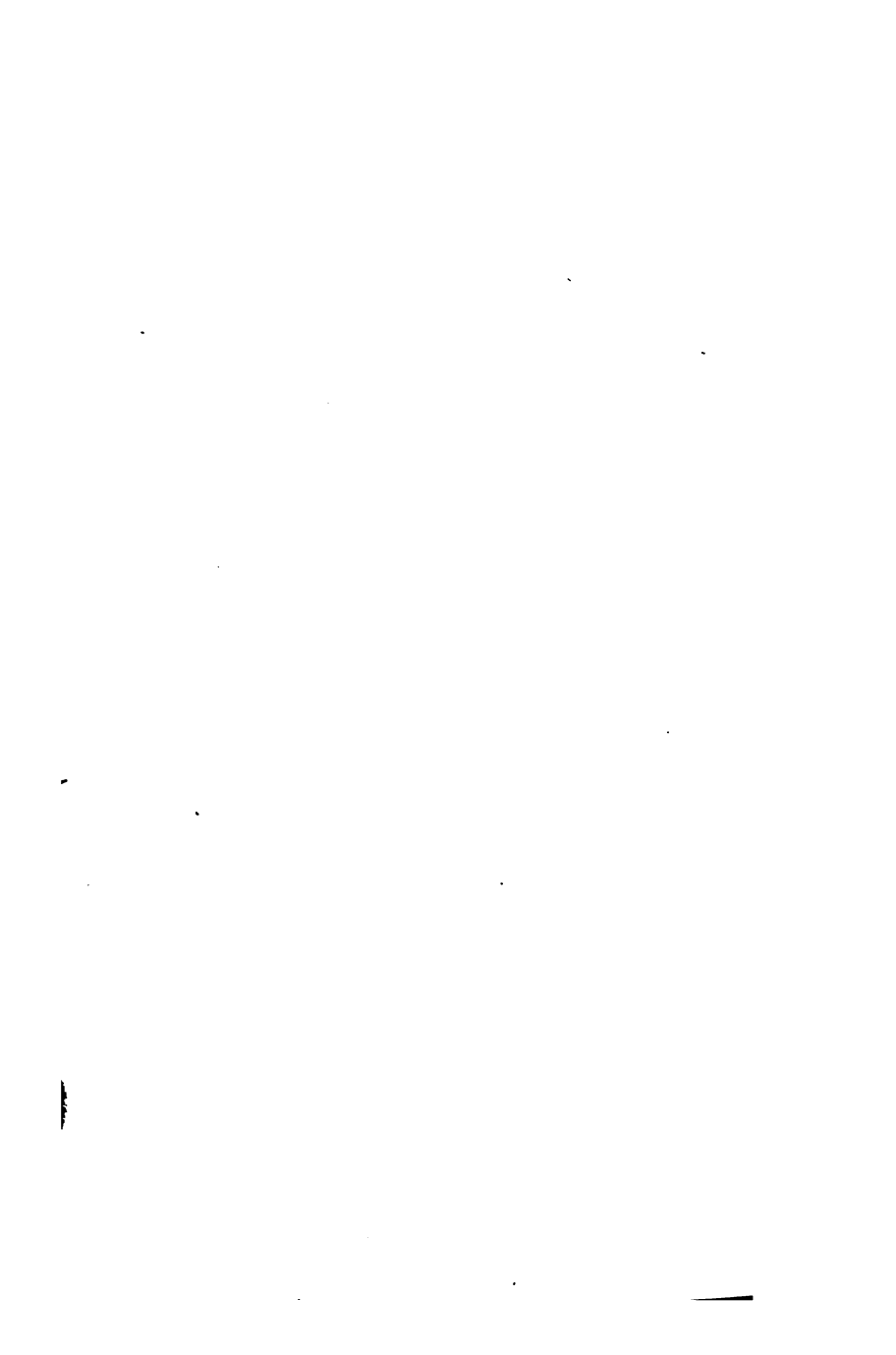
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## *PREFACE.*

THE object of this work is to offer a set of rules for preserving the skin in a high state of health, and assisting the restoration of it to a proper standard, when the reader is under treatment for disease affecting this part of the frame. Inquiry is constantly made by patients for a text-book, to which they can refer when in doubt about some point connected with diet, baths, soaps, exercise and so on, and this want, it is anticipated, has now been met. The author even entertains the hope that the work may not be unacceptable to the medical profession, many members of which are more sceptical as to the value of all rules of the kind than the case really warrants; a piece of scepticism which is the effect, not of prejudice or ignorance, but of disappointed experience; a very natural, but not very satisfactory result of the way in which the subject has been overdone with traditions and theories, with minutiae too fine for practical life, and rules too onerous to be generally followed.

The work being based almost solely on experience, the writings of other authors are only referred to when it seemed indispensable to do so, and notes of every kind have been designedly omitted.

As regards the propriety of issuing a book of a popular nature on such a subject, I do not consider that it requires any further apology than to cite such examples as those of Lardner, Carpenter, Liebig and many other famous men, who have justly held, that the dignity of science is in no way impaired by its being made intelligible to the general public.

*Sion House, King's Road, S.W.*

*January, 1879.*



## CHAPTER I.

### Structure and Functions of the Skin.

*Amount of Fluid thrown off daily by the Skin.—Carbonic Acid as an Element in the Excretions of the Skin.—Weighing an Excretion.—Minor Elements of Excretion.—Question of Sulphur and volatile principle of Assafœtida, &c., passing off by the Skin.—Odorous principle of Human Beings.—Functions of the Epidermis.—Effects of a Breach of Continuity.—Heat and Cold.—Skin and Temperament.*

EVERY layman of ordinary intelligence has a more or less definite idea that the skin is a great excreting organ, that disturbance of its functions re-acts on the vital organs, while disease of these parts is again reflected in the hue and look of the skin; and that the countless pores of the skin not only stand open night and day to let in the germs of disease floating to and fro in the air, but to let off the waste fluids of the body. There is a good deal of truth in these opinions, but it is mixed up with a good deal of error; in particular the inferences naturally flowing from the two last facts, that cleanliness exposes the body to disease, and that the human frame is periodically inundated in supplying the daily wants of life, the inundation being carried off by



the flood-gates of the skin, unless these are closed by disease or imprudence, have been the source of the most erroneous views, often enough by no means harmless.

The human skin is an extremely composite organ, which might almost be compared to a piece of elaborate tapestry, the threads of it being however more difficult to trace and isolate than those of any product worked by human hands; consequently anatomists have had great difficulty in satisfying themselves as to the exact structure of certain of its components, which some of them have described very differently from others. Most likely the following summary will fairly represent the most advanced and trustworthy views on the subject.

The skin then, consists of the derma, or true skin, and the epidermis, or scarf-skin. The derma may be compared to a network, varying in thickness from a ninety-sixth to an eighth of an inch. Examined by itself it is always of a pale, or dull white tinge, its varying degrees of redness being due to the different amounts of blood contained at times in the vessels which traverse its substance. This network consists, on the inner side or that nearest to the fat and muscles, of extremely fine meshes, whence it derives its name of reticular; on the outer surface it is much finer and more compact. It is here raised up into minute and fine, but yet flexible, cones or papillæ, varying in height from the hundred and twentieth to little more than the thousandth part of an inch; so minute are these papillæ that as many as eighty will stand on a square line on some parts of the hand. From the presence of these little conical bodies,

the outer surface of the derma is often named the papillary layer; it is also known as the limitary membrane, from its being the boundary beyond which the nerves and blood-vessels do not pass, a view possibly incorrect as regards the nerves; and basement membrane, from the scarf-skin resting upon it as a basis. In some parts the derma rests loosely upon what is called cellular tissue lying below it; in others it is firmly tethered, by means of what is known as connective tissue, to dense membranes lying below it, called fasciæ. The inner surface rests upon a layer of cellular tissue and fat, and blends so gradually with the former that a strict separation of the two is almost, if not quite, impracticable.

The derma consists essentially of fibrous tissues, muscle, nerve, blood-vessels, and lymphatics. There are some other bodies which will be noticed further on. The principal constituents are arranged as follows:—The network spoken of, the warp and woof of the skin, if I may so express myself, is principally made up of a tissue of white fibres, very dense in its nature, mixed up and interlaced with yellow fibres, considered to be elastic, and always fewer in number than the white. The presence of the latter appears to be the chief source of the extraordinary denseness and toughness of the skin. In forming the network, the fibres—speaking here essentially of the white—do not cross each other at right angles as do the warp and woof of a carpet, but obliquely, leaving in all the lower surface spaces through which the vessels and nerves pass, and forming, as they approach the surface, a more and more compact mesh

till they end in the papillæ, the structure of which might be almost spoken of as homogeneous. Here, however, it would seem that the elastic fibres predominate. What greatly increases the closeness of the outer surface is, that the fibres themselves divide and subdivide as they get nearer to it. In the meshes of this network we find globules of fatty matter, and corpuscles known as those of the connective tissue, spindle-shaped or with long processes shooting out from their ends, or round, of which there are said to be two sizes. These cells are considered by one author to be worn out fat cells; a view rejected by a late and very accurate observer, who, as I understand him, considers that the existence of separate cells is a mere myth, and that all such appearances are to be referred back to those important bodies known as wandering cells.

The papillæ of the outer surface, which, on looking at an anatomical plate of them, might almost be compared to excessively minute bulbous roots of plants arranged in parallel strings, really do stand so accurately in rows, that in a microscopical preparation a straight line will separate one series from another; in their natural state, however, they do not run strictly parallel with the long axis of the part, but may be curved as in the bulbs of the fingers, while they are oblique on the palm of the hand, and transverse at the wrist. One partitioning line also will sometimes diverge obliquely into another. They are crossed by transverse lines, which are slightly tortuous. The two sets of lines are at much the same distance from each other, the effect of which is



to divide the superficies into a series of irregular squares, and to cut each longitudinal line by so many notches; in the middle of every intersecting or transverse line stands the opening of a sweat duct. The papillæ are always spoken of as conical, but late investigations represent them as tapering, sometimes curved, pointed growths, often a little larger higher up than at the root, emerging somewhat abruptly from a semi-globular body. Occasionally the cone is divided (compound papillæ) and then, if seen in side elevation, it looks not unlike two or three fingers of a glove, standing up and spread more or less out. On the palm of the hand, sole of the foot and nipple, the compound papillæ predominate. The internal structure of the papillæ can only be understood after the remaining component parts of the derma have been passed in review.

The muscular tissue mentioned is known as plain or unstriped, in contradistinction to the striped fibres of the voluntary muscles; the tissue in the skin belonging to the class over which the will has no control. It is distributed in bundles. At the inner surface, where the meshes formed by the fibrous tissues are so much looser, the muscular tissue is separated from the true skin by means of cellular tissue, but as we approach the outer surface, where the fibres are so much more closely interlocked, it becomes more blended with the corium, or at any rate is more in contact with it. Fibres pass, from the most superficial part of the true skin, down the hair follicle to be inserted on its outer side. The function of these muscular fibres is considered to be that of elevating the

hairs, especially as they are placed on the side towards which the hair slopes; but it has been suggested to me, by a distinguished microscopist, that they possibly serve to expel the contents of the sebaceous follicles to be afterwards described.

The blood vessels consist, first, of arteries. These are of very minute size when they enter the skin from below, and become much smaller as they pass upwards. When they have attained their highest elevation and smallest size, they become changed into veins, which pass out by the openings in the meshes through which the arteries entered, and thus form the second constituent part of the blood vessels. For the convenience of description both may be spoken of as taking the same route. When, then, these blood vessels enter the skin, they supply minute webs called plexuses to the little clusters of fat, sweat glands and hair follicles. Having, as has been stated, entered the skin at its lower surface by the openings in the meshes, and grown perpetually finer, by constant subdivision in their progress towards the upper surface, the arteries, before they pass into veins curve and form arches; they are then transformed into very minute, hair-like (capillary) vessels, the transition of which into veins is almost imperceptible. These capillaries spread out in a mesh, the spaces in which are many cornered and roundish. The vessels are of extreme minuteness, not exceeding in diameter the eleven hundred and forty-ninth part of an inch; yet, according to the measurements of Müller and Weber, they are nearly double the size of those to be found in any other part

of the body, thus explaining the great comparative suddenness with which the skin reddens under the influence of excitement. Biesiadecki considers that there is, in the fat clusters, a network of vessels between the arterial and venous trunklets, which seem to be even finer than capillaries. A papilla generally consists of a very minute artery and vein, looped at the summit in the way just described. They are accompanied, according to Biesiadecki, by some fibres of connective tissue, known as the vertical fibres of the corium, which enter the papilla, perhaps acting as stays to the vessels, and probably end by free extremities. Beneath the surface of the derma we find a series of vessels, apparently destined to carry off a certain amount of waste material; their functions however have not yet been strictly determined. They are called the lymphatics, or absorbents, and form meshes, there being no radicles or feeders from which they might rise, as a river does from its springs. The walls of these vessels consist entirely of cells, flattened, bent and stretched out towards each other, and joined at last by serrated edges, so as to form branched tubes.

The nerves, which supply the skin with sensation and perception, enter like the arteries by openings in the meshes, and like them divide into finer and finer branches as they approach nearer and nearer to the surface. In contradistinction, however, to the blood vessels they have, according to some observers, been traced into the lower layers of the scarf-skin, when they are described as ending in slightly bulbed free extremities, or in a



plexus of very minute fibrils. In the true skin they terminate in two different ways. Those going to the red border, or coral, of the lips, may be selected as exemplifying one mode; they expand into somewhat bulbous extremities. Those entering the skin papillæ exhibit the other. They generally develop into a mesh; in some cases this occupies the whole papilla, and then it might perhaps be better described as looking like a sheet of the finest imaginable tissue of waved fibres, rolled up over an axis, formed by a fold of its free edge, into a kind of cocoon. In other cases the very reverse is noticed, there being no nerve sent to the papilla of which there are thus three kinds; the purely nervous, also called tactile, those without nerves, distinguished as vascular, and the mixed which contain both blood vessels and nerves. A nervous and a blood papilla may spring from the same stem. The tactile papillæ are principally found in the palm of the hand and the sole of the foot; more sparingly in the backs of these parts; also, according to one author, on the palmar surface of the forearm, and on the nipple. Nervous twigs also enter the hair follicles but their distribution is obscure.

On the outer side of the true skin lies an extremely fine membrane, the epidermis, cuticle, or scarf-skin, never more than a line, sometimes not more than a twentieth part of a line in thickness. As is well known, it is much thicker and firmer on the palm of the hand and sole of the foot than elsewhere, and an impression prevails that this is due to work, handling things, walking, and so on; but it is in a great degree natural, and

difference of thickness is observed even in foetal life. It is composed of cells, and for convenience sake its two surfaces are spoken of as if they were anatomically distinct; the inner side being named the mucous layer, the outer being known as the horny. The cells composing the inner or moist surface are of a soft, granular, protoplasmic nature, and are soluble in acetic acid which does not act upon the outer layer; they contain little bodies called nuclei, and the cells themselves are arranged as follows:—Those in contact with the papilla form a sheath for it usually one cell thick but may be more, and the cells are everywhere at right angles to the papilla, just as we may see the dog-tooth moulding run up the sides and over the arch of a doorway, substituting for the points of the teeth flat-ended cells, and for the doorway itself a solid cone. Such an arrangement necessarily leaves spaces between the sheaths of the papillæ, and these are packed with spheroidal nucleated cells, layer upon layer, till we reach the tips of the papillæ, over which they lie in one thin unbroken stratum, stretching all over, covering alike the summits of the cones and the intervals between them. Shown in section, these cells much resemble ridges of the semi-circular edged tiles often used now on Gothic roofs. These two sets of cells are not regarded as even anatomically distinct, and taken together they constitute the mucous, or malpighian layer as it is sometimes called. It is the varied colour of this layer which gives to the different races of men, the black man and the red, the white man and the yellow, their varying colour of



skin. Over it lies the horny layer of the epidermis, several times thicker than the mucous, also composed of cells, the nuclei of which have disappeared. Careful blistering and maceration, aided by skilful manipulation, will enable the anatomist to separate for a small distance these two layers, and some writers have accordingly spoken of them as distinct, but there seems no ground for such an arrangement, which is embarrassing to the uninitiated without assisting the clearness of anatomical descriptions.

The cuticle, or scarf-skin, consists principally of a substance peculiar to epithelial and horny tissues, known as keratin, insoluble in water at ordinary temperatures and alcohol, but soluble in caustic alkaline fluids, such as those containing soda and potass. This body is analogous to what are called the albuminoids, but contains, besides sulphur, a somewhat larger proportion of oxygen. Besides these, fats, certain salts and traces of oxide of iron and manganese are found. It has been supposed that the whole epithelium starts from a few embryonic cells in foetal life, that each of these begets several other cells, and every cell so begotten a fresh progeny, the spheroidal however issuing from the perpendicular, so that the cells of old age are really derived in unbroken descent from the first rudiments of the existence of epithelium; but the phenomena observed on the healing up of surfaces, where a large piece of skin has been lost by ulceration or burning, militate against the supposition that such is always the case. Little blood bodies, called leucocytes, are sometimes found among the cells of the

malpighian layer. The corium (true skin), on the contrary, consists in great part of gelatine, which adapts it for tanning.

But even the most minute and accurate description of the skin, without the aid of the microscope, must convey a very imperfect idea of its structure. The lithographs in some anatomical works are misleading, for though perhaps substantially true likenesses, they are yet often indebted to the imagination of the artist for their distinctness, strictly accurate pictures of the component parts being almost, if not quite, impracticable by reason of their interwoven state. In order to thoroughly understand the anatomy of the skin, the microscope must be employed, and by a practised hand and eye. To attempt an account of the hair, particularly of its development, without drawings at least, is attempting an impossibility, and I must confine myself to saying that a hair consists of a shaft, sometimes with a central pith; that it issues from a little pit, called a follicle, which has a double lining; that at the bottom of the follicle, the root of the hair is closely in contact with a peculiar semi-bulbous papilla, and that in the foetus the rudiments of the hair seem formed from down-growths of the mucous layer. The use, too, of such phrases as membrane and layer, is calculated to raise erroneous ideas. The two so-called layers of the scarf-skin can, indeed, be artificially separated from each other, but in a state of nature they are inextricably connected, and those of the true skin are still more closely united. Perhaps this brief account will enable the reader to appraise, at its just

value, the truth of the report about a certain distinguished personage having one skin too few, such a state being simply inconceivable. The scarf-skin is so necessary to the true skin, and the entire membrane so necessary to the structures which lie below it, that life could not go on for twelve hours in the absence of either of them, and there is no other skin.

This wonderful covering, without which man would be a hideous spectre, incapable of communicating with the external world, is pierced in almost innumerable places for the passage of the sweat ducts. These lead from the sweat glands, seated on the under surface of the true skin and on the fat lying underneath, and open on the outer surface of the scarf-skin. The duct is a very fine elastic tube, which thus pierces both skins and opens by an orifice slightly wider than the tube itself; at its lower end it is rolled up as a fine thread might be. Slender as the sweat duct is, it yet possesses three coatings, an investment of connective tissue, a proper membrane, and an epithelial lining of cells. Some of the larger sweat ducts, *e.g.*, those in the armpits, have a layer of plain muscular fibre cells between the two last coats. These larger ducts arise, too, from larger glands of more complicated structure than the others, and with semi-fluid contents. Though I have spoken of them as almost innumerable, their numbers could be ascertained by a rough computation; thus we can, with the aid of a plaster cast, find how many there are on a square inch of the skin, and the entire superficies of the skin could, of course, be measured in



an individual case, supposing it were worth the trouble to do so. One author, taking as his starting point two separate square inches on different parts of the skin, computes the number of these tiny aqueducts at seven millions; but inasmuch as the proportion of pores to a given surface varies in every part of the body, and as the same amount of surface would not be found twice in fifty people, it must be obvious that any such resultant might just as easily as not be wrong by some millions. Their great numerical extent can for all reasonable purposes be inferred from the statement that, according to one author, there are upwards of 3,500 of them, but, according to a much more accurate writer, Krause, 2,800 in a square inch on the palm of the hand, where they are very densely set, and as many as 400 to 600 in the same amount of surface on the back and lower limbs, where they are most sparsely distributed. Beyond this all attempts at calculation must be sheer waste of time, seeing that an average cannot be struck with even an approach to accuracy. These numerous tubes carry off both the visible perspiration, or sweat, and the invisible, called transpiration—a sort of perpetual, but unseen and unheard breathing from the skin, which, though unnoticed, rids the system of a bulk of poisonous fluid, ranging from a pound and a quarter to three pounds and a half in the twenty-four hours, an average being 8.8 grains per minute, equal to a little over two pounds daily, or more than half as much again as passes off by the lungs. This excretion is so contaminated with carbonic acid gas, that when a burning candle is intro-

duced into the air of a vessel in which the hand or foot has been confined for an hour, the flame begins to burn dim, and Jurine found that air, kept for a time in contact with the skin, consisted almost exclusively of carbonic acid. M. Edwards considers that part of the water is carried off from the skin by mere physical evaporation, the same as would take place from a dead body, and that, when the temperature of the air is not above 68 deg. Fahrenheit, the vital transpiration does not expel more than an eighth of the whole amount.

Embedded in the lower part of the true skin we find little glands which secrete a suety fluid, known as sebum or sebaceous fluid, from the latin name for suet. These glands are groups of minute rounded bags, or sacculi, and, except in a few parts of the skin of no great extent, they all open into the sheaths of the hairs, by means of which they find their way to the surface, the largest of the glands sometimes emptying where the hairs are very small. The following is the constitution of this fluid:—In round numbers one-fourth is made up of fat and one-fifth of phosphate of lime, a salt which enters largely into the composition of bones and the scurf of the horse's skin. The rest consists of what is called ozmazone, with traces of oil, watery extract, albumen (a substance analogous to white of egg), casein, and carbonate of lime. Traces of acetate of soda and chloride of sodium (common salt) are also found. In the midst of all this, the microscopist often observes, living apparently quite at its ease, a very minute eight-

legged animal called the acarus, or steatozoon of the follicles, from the hundred and thirtieth to the eightieth of an inch in length, and about the five hundredth of an inch broad.

The reader may be interested to know how such a question, as the amount of fluid poured out by well-nigh countless tubes scattered over a large and unequal area like that presented by the human frame, can be determined with accuracy, and a short narrative of the method employed will help to show the vast amount of labour and self-denial which have been directed to the investigation of physiology. The process was as follows:—A famous philosopher in his day, Seguin, shut himself up in a bag of gummed silk, tied above his head, and having an opening only for his mouth, provided with a copper mouthpiece. The edges of this opening were hermetically fixed round the mouth with a mixture of turpentine and pitch. He was then weighed in a very fine balance, and at the end of a certain time weighed again. All loss, except that from the lungs by the mouth, being thus prevented, it became possible to ascertain by this means how much the lungs throw off per hour. He was then weighed without the bag, and, after the expiration of a fixed period, the entire loss per hour was ascertained by another weighing. Subtracting the quantity given by the first experiment from that yielded by the second, the balance would represent the loss by the skin, and this observation was further corrected by weighing all the other excretions together against the amount of food and drink.

duced into the air of a vessel in which has been confined for an hour, the air is dim, and Jurine found that air, after contact with the skin, consisted of carbonic acid. M. Edwards considers that water is carried off from the skin by evaporation, the same as would take place from the body, and that, when the temperature is not above 68 deg. Fahrenheit, the skin does not expel more than an inappreciable amount.

Embedded in the lower part of the skin are little glands which secrete a substance called sebum or sebaceous fluid, from the Latin *sebum*. These glands are groups of minute sacs called sacculi, and, except in a few places, to a great extent, they all open into the surface of the skin by means of which they find their exit. The largest of the glands sometimes open into the hairs are very small. The following is the composition of this fluid:—In round numbers it consists of three-fourths of fat and one-fifth of phosphate of lime. It enters largely into the composition of the scurf of the horse's skin. The residue is called ozmazone, with traces of oil of sweet almond men (a substance analogous to wax) and carbonate of lime. Traces of chloride of sodium (common salt) are also found. In the midst of all this, the microscopical organisms live apparently quite at its ease.



heat, would not prevent such a rise of the temperature as must soon prove fatal to life. The explanation of the relief afforded by perspiration I believe to be that which I have offered elsewhere in reference to many facts of the kind ; but, first of all, it will be necessary to observe that such a heat as was employed on most of the experiments would make anyone perspire, and the results afforded by it may, therefore, be eliminated. The misleading part of the theory appears to be drawn from observation of the action of more moderate degrees of heat in morbid states, and the solution is very probably as follows :—A dry skin is preternaturally active already in virtue of its disordered state, and, in consequence, is already attracting an undue share of the vital power. When this is augmented even in a slight degree by the heat of summer, such persons often complain of a distressing sense of distention, as if the skin must burst. A perspiring skin, being in a less abnormal state, is not so strongly affected by a cause of equal potency.

The excreted fluid thrown off by transpiration, in addition to the carbon which, in a state of oxidation, yields the deadly carbonic acid, contains other ingredients, the regular expulsion of which from the frame we must suppose to be intended, though it is difficult to see the necessity for their extrusion, at least of some of them, as they could scarcely do any mischief however long they might be retained ; indeed, as has been remarked by a great physiologist, the purpose of cutaneous exhalation is not elucidated by its analysis. These are chloride of sodium (or common salt), oxide of iron,



effect, inform the mind of certain qualities of matter not to be learned in any other way, and, in some cases, of the electrical state of the air, and so on, and modify the action of heat and cold, and irritants generally.

The influence it exerts in this way is, I submit, shown by what we sometimes see in diseases of the skin. I speak, however, rather guardedly on the point, because I am not aware that there are any observations except my own, and I do not consider them sufficient to be decisive; but this much can be said. Patients labouring under eczema, when a portion of the skin has lost its epidermal covering, often complain bitterly of the cold, even though otherwise rather indifferent to it, and say that it seems to get through the abraded part and enter their very bones. Excessive heat they do not seem to feel so much in this way, as is natural, for the temperature of the blood being, on an average, 96 to 100 deg. Fahrenheit, there is a much slighter transition to even great summer heat, say 120 deg. in the sun, than to one below freezing point—*e.g.*, 20 deg. Of course the argument applies exclusively to cases where the vital power of accommodation is upset. In that malignant and awful disease, true leprosy, a similar statement is often made about cold, and the leper feels oppressed by the summer heat even when the temperature is not very high. In lepra, too, often spoken of as the white leprosy, although there is not the least affinity between it and the disease to which the name is properly given, and as the leprosy of Scripture, which really includes both these diseases, if not also some symptoms belonging to other maladies,

the sensibility to heat and cold is sometimes greatly augmented, as it also is to light, a fact which we find repeated in small-pox. It is not improbable, too, that something extremely similar occurs in those cases where a patient, suffering under scarlet fever or measles, is exposed to cold and the eruption recedes, or, in popular phraseology, is driven in; the explanation, I believe, being that when the skin and mucous membrane of the mouth and throat are in a certain peculiar state of hyper-action, they are much more easily acted on by cold, or a poisonous air like that of an east wind, and the lungs thus more quickly reached; that inflammation of these organs is thus set up, and that it is this disturbance of the internal structures which causes the eruption to fade.

Physiologists have divided human temperaments into the sanguine, choleric, phlegmatic, and melancholic. Although the system was based on the exploded hypothesis of the four cardinal humours, the skin played an indispensable and now by no means obsolete part; for this creation of antique genius, moulded into great precision of form by successive touches, has strongly impressed itself upon pathology. Yet it is a mere abstract conception, incapable of being applied to the practical treatment of disease, especially of the skin. It might have a conjectural value if we really could separate men into varieties, as we can distinguish the white man from the black, and the Mongol from the red Indian; but the truth is that we cannot do anything of the kind. Not one person in twenty presents the

characters of any temperament with such distinctness as to constitute a specimen of pure type ; extreme forms are no doubt met with, but it is not, and probably never was, possible to parcel out a motley race like the English into cut-and-dried varieties. And when we have secured an adequate number of typical specimens for observation, we do not find them, as have been so often asserted, presenting typical disposition to particular diseases, or specially affected by certain remedies. I consider the observations made at St. John's Hospital decisive on this point as regards diseases of the skin. Out of more than 10,000 cases of these affections in my own department, all those presenting strong constitutional tendency to certain skin diseases were more or less rigorously scrutinised, with the result of finding that in no form of these did any form of temperament predominate to the exclusion of others. The question, indeed, as to what is the soundest state of the skin, that state which most contributes to, and in its turn indicates, high health, does not hinge upon whether the individual is of sanguine or atrabillious temperament, of ruddy or pallid complexion ; but whether the skin executes its functions properly, the layer of it yielding colour being, perhaps, the least important of any. It may, therefore, console a person, whose temperament would be considered indifferent, and whose complexion would be spoken of as bad, to know that he may by nursing keep his skin in good order, and that even a very indifferent colour is not always unfavourable to health and longevity.

Rather more than five years ago, I was consulted about a patient suffering, for the first time in his life, from a very troublesome skin disease—eczema; he had just entered upon his eighty-second year, but is still alive, and, though feeble, in fairly good health. Yet this man was, when quite young, pallid and sallow to a degree, and, as he grew up, had about as bad a complexion as any person could well have, the skin of the face being something of the hue and texture of a nutmeg, with a livid greenish tint on the cheeks not easy to describe, but which attracted every person's notice. An extremely temperate life and strict attention to his health had probably assisted in preserving him to such a great age; but, irrespective of this, his skin must have been in good working order, seeing that, up to the time just spoken, he had never had the least thing in the way of eruption, and his health must have been fundamentally sound, or he would long ago have—

“Met the general doom.”



## CHAPTER II.

### Disordered States of the Skin.

*Great Variety of Diseases of the Skin.—Arrest of Functions of the Skin.—Perspiration more or less Abnormal.—Effects of drinking Cold Water, when heated.—Mode in which a Chill acts upon the Skin.—Diseases not resolved by Sweating.—Relation between catching Cold and its Cure by Perspiration.—Effect of a Surfeit, or over-heating of the Blood upon the Skin.—Disease of the Skin supposed to have got into the System.—Tender, irritable state of the Skin, and Diseases of the Skin.—Arrangement of Diseases of the Skin.*

THE skin exhibits most forms of disease to which the internal organs are liable, besides many peculiar to itself; dreaded varieties of affection, such as cancer, are repeated here, while on the other hand we may find many disorders of the skin, of so slight a nature as scarcely to call for more than the affectionate quackery practised by the skilful *mater-familias* in the nursery. Some of its diseases, albeit, obstinate enough, are withal so simple and of such common occurrence, that they have been popularly known for ages; while others are of so obscure and complicated a nature, that they can scarcely be recognized by the most practised pathologist, unless they are illustrated by water-colour drawings or photographs, and not always then. In my



presence a specialist mistook, for lupus, a photograph of a totally different disease which he himself had been the first to describe. Skin diseases, too, are so numerous that, with all the pruning possible, they could not be reduced much below sixty varieties, and to pourtray all these would require so many descriptions. Any attempt therefore to give even a very brief sketch of every disturbance to which the structure and functions of the skin are liable would lead us too far, it being quite impossible to compress what is requisite to be said into the compass of a few pages. Besides, for reasons to be stated at the close of this chapter, it would be superfluous, seeing that the rules of *hygiène* are, with few exceptions, applicable to all forms of cutaneous affection; and it will therefore be much less confusing, and indeed preferable in every way, to consider them as a simple and indivisible group, which might, for the purposes of this work, really be ranked and spoken of as one disease.

But, first of all, it will be necessary to examine certain general disturbances or faulty states of the skin and system, to which for ages great importance has been ascribed by all classes of the community, and to the proper explanation of which a certain degree of interest must attach; for it ought to offer the service of not only disinterring a slight amount of useful truth from under a mass of useless error and fable, but of overturning erroneous ideas which lead to *hygiénic* mistakes, equally troublesome in their results to the practitioner and the patient.

Foremost among these disturbances is checked perspiration, to which patients ascribe so many of their internal complaints, as also very often the inveteracy of any skin affection they may happen to be labouring under, particularly when accompanied by a dry harsh state of the skin itself. This condition is usually attributed to a chill caught when the body was heated, especially through being exposed to a draught at such a time ; the cold having, we are to assume, so constricted the excreting vessels of the skin, that the normal outlet of dangerous matter through them is completely checked. Justly enough the theory of the case is, that man's first duty here must be to restore the arrested secretion. This is the patient's creed, and whether the case is so slight that he thinks he may safely leave it to the unassisted efforts of his constitution, or so sharp that he decides to call in the doctor, he equally believes that the great aim of treatment, domestic or scientific, if it have an aim at all, must be to re-open the outflow. Yet, devout as people may be in their faith, it is questionable whether one person in fifty could reduce his idea, as to how all this takes place, to a definite shape, and more than doubtful whether the idea, when it had been moulded into form, would bear looking into.

Entire arrest of all the excretory functions of the skin most probably never yet happened from a cause of this nature. The state thus induced would certainly prove fatal and in a very short time too. When the action of only a large part of the skin has been brought to a standstill by a scald or burn, the consequences are

always of a serious, often of a deadly, nature ; the sufferer sinks with a rapidity which all the powers of art cannot stay for an hour. And supposing a man, the functions of whose skin had stopped, were to escape the immediate results, his doom would only be postponed for a brief period. Effects, of so grave a nature that we can scarcely understand the human constitution supporting them for any length of time, would begin to manifest themselves within the first twenty-four hours. We have seen that the skin throws off on a fair average two pounds daily of excrementitious fluid. Allowing for a great deal of what is retained being carried off by the vicarious action of the kidneys, which in such emergencies comes to the help of the skin, the surplus would still distend the frame at the rate of several pounds weekly, and every person subjected to the effectual operation of a chill, from which so few escape, would at the end of a month be in an advanced stage of dropsy.

Such a contingency, then, as the insensible perspiration, the great function of the skin looking to the bulk of waste water and carbonic acid carried off by it, being quite checked, may be left on one side ; indeed in the dry, feverish state, which might most of all be supposed to indicate suppression of this office, it is sometimes going on with unwonted rapidity. For instance, it has been stated that in scarlet fever, when the skin is quite parched, insensible perspiration is in a high state of energy, and that the patient loses weight faster than can be accounted for by the operation of other excretory functions. Dismissing, then, the invisible perspiration,



we come to the visible, or sweat as it ought to be called, the stoppage of which by a chill, every person who has suffered from it, looks upon as tantamount to the forced retention within his frame of a lethal matter, which the natural actions of his system were busy in expelling, when imprudence or misfortune brought the operation to a halt. This opinion, in a more scientific shape, seems to find great favour in the medical world, though a little reflection would show that it is well nigh as unfounded as the view just combated. Catarrh, and a very few of the almost countless disorders attributed to a chill acting upon a heated frame, may now and then be induced by it, but the retained fluid is as powerless to effect the mischief as it would be to burst a sewer.

For, if a mere retention were the cause, pray in what state must the frame have been before the outflow began? If a man, who has been perspiring so profusely as to have thrown off a large quantity—say, a pint—of fluid, be made seriously ill by checking the drain, he must have been in a worse condition with this amount more in his system, *and no reasoning, scientific or sophistical, can get over this fact.* This is not so much a question of getting rid of an excrementitious fluid, as of suddenly draining off a quantity of harmless fluid direct from the blood itself. There is reason to believe that perspiration is always more or less an abnormal act. It is notoriously most profuse in the weakly, consumptive, and intemperate; while it disappears altogether, or is reduced to zero in the prairie Indian, the prize-fighter in high training, or a man of

that sound organization which, even in civilized life, approaches the iron strength of the wild hunter and trapper, as was the case with the first Napoleon, for instance. Perspiration may be looked upon as an abnormal increase of a natural process, the transpiration; but when an excreting organ is excited to hyperactivity, we find that the increased amount of secretion is due to augmentation of the watery element in it, excluding, of course, diseased processes with which we have nothing to do here, mixed with some harmless ingredient. Both are incapable of doing any mischief when retained, and the skin would itself free the system from anything burdensome they contain, without the aid of perspiration; experiment having shown that the ever active operation of the vital power each day restores the body to the weight at which it stood four-and-twenty hours before.

The solution of the problem must be the same which obtains in many similar cases; coincidence has been mistaken for cause and effect. A draught of cold air, coming in contact with the body heated by violent exercise, seems, when it does mischief, to effect it by attracting the vital power to the part on which it impinges; it acts, in short, as do a hundred other hostile agents—pouring boiling water upon the skin, rubbing in an irritating agent, impact of lightning and of all the various animal poisons supposed to enter the body through the pores of the skin, which could no more pass through the pores than they could the realms of æther, and so on.

way as with a savage who cannot count the fingers on his own hands.

Conversely, disease is not resolved by perspiration, and though popular belief, and, what is still more, medical opinion, have so long leaned to this view, yet the evidence against it is next to irrefutable. Undoubtedly, free perspiration accompanies the passing off of some diseases, but the rider to this is that the same diseases yield without profuse sweating; that in some complaints where this excretion pours forth plentifully, as in ague, it does not even permanently relieve the patient, who generally finds far more benefit from quinine, a remedy which in no way promotes sweating. The attempts made for ages, to cure disease and ward off mischief, by setting up perspiration, were accompanied by greater fatality than has attended any method of treatment, and when this system was at its height, it was not unfrequently more destructive to life in one year, taking England alone, than a great battle would have been.

A man catches a chill, or fancies he has done so, and thinks he has a cold coming on. He takes a hot bath, goes home, swallows a jorum of gruel or negus, puts his feet in hot water, goes to bed, and, after a time, breaks out into a sweat; next morning he gets up much better. All the king's horses and all the king's men will not get the belief out of his head that he has narrowly escaped having a very bad cold, and it was the throwing him into a sweat that did the good, and it must be owned that the belief derives some colour from the facts of the



case. But the evidence on the opposite side is much stronger; the hot bath often fails, as, indeed, does every kind of bath, in genuine catarrh; the effect of the chill might have passed off under the influence of the bath more quickly than it would have done without it, but, according to my observation, the latter only accelerates a natural process of relief. As to such contingencies inducing genuine cold (catarrh), or such remedies carrying it off more than once in ten times is, if as often, I feel very sceptical. The two events coincide now and again, and then the exceptional case, which accords with the favourite theory, is borne in mind, while the rule which runs counter to it is forgotten. The worst kind of catarrh (influenza) is clearly due to atmospheric influence, and never brought on by exposure to draughts. In some epidemics of it thousands of people have been attacked within a few hours; on one occasion, according to a statement in a leading paper, 1,200 of the London police had been invalided in one day for influenza. According to a statement quoted by Sir Henry Holland, more than half the inhabitants of Paris were attacked by the influenza of 1837. In much the same way summer catarrh, or hay fever, attacks at one time all those subject to this plague. And when either of these, or any kind of catarrh is present, it may be affirmed that for one person relieved by baths, possets and heaps of bedclothes, twenty derive no permanent benefit from the process; while thoroughly scalding the skin over the nose and forehead, and steaming the nostrils, followed by a good dose of laudanum, none of them likely to

induce perspiration, will do more towards cutting short a catarrh than any amount of sudorifics.

Perhaps this form of belief is most rampant in the case of patients suffering from feverish diseases of the skin. Mothers are only too often impracticable on this head when their children have got an eruptive fever of any kind, and carry a proper dread of imprudent exposure to the most mischievous height; quite ignoring—what sad experience has taught medical men—that overheating the patient only exasperates the symptoms, and that children want fresh air and ventilation of their rooms as much when they are ill as when they are well. Years ago, when physicians used to aid and abet this system to the full, the mortality from scarlet fever was frightful, and the young were mowed down by this disease as by the scythe of a pestilence. With more fresh air and fewer bedclothes these horrors have comparatively ceased.

The statement, a few paragraphs back, about the impossibility of animal poisons or “seeds of disease” entering the pores may create surprise, but it is made upon due reflection. Those who accept such a doctrine would do well to recollect that for this purpose the said seeds must float, for which they are not adapted, being animal matter, and, therefore, heavier than the air. Again, to reach the skin, except that of the hands and face, they must penetrate, or creep under the clothes, which they have no apparatus for doing, and when they got to the skin, they could not enter by the pores unless they were endowed with the power of selecting the

openings, and forcing an entrance against the laws of Nature. They are at least semi-solid, and it is very doubtful whether the pores absorb solid or half-fluid substances. For years I have often prescribed tartar emetic in frictions, almost daily mercury, often forty or fifty times in a month, as well in this form as in that of vapour. Both these bodies are spoken of as capable of absorption, but I never saw reason to think that anything of the kind took place. The careful experiments of Madden, Abernethy and other observers quoted by Baly and Müller, show that, even when the bare skin is exposed for a long time to contact with water or gas, absorption is very limited. The gain in weight, said to have sometimes taken place in disease, through the skin, was most probably due to inspiration by the lungs: and even were this objection surmounted, there would still be no parity between the circumstances under which absorption of vapour happens, and that of disease-germs is supposed to happen.

The next great disturbance of the system to which skin diseases are attributed, is an overheating of the blood, the nature and operation of which are several degrees more incomprehensible than those of a chill, but which are none the less firmly believed in. For though the idea itself has never yet been either described or understood, though it resolves itself into a hazy notion in the patient's brain, that as he "came out in a rash," he "must have overheated his blood," yet the belief is as fixed, as in that of the sun at noon-day. This process the patient often defines as "a surfeit." The entire theory



is a mass of error; when the blood is really heated, as in some fevers, there may be no rash, and every disease attributed to overheating appears without anything of the kind. Chronic internal disorders are constantly ascribed to the rash thus brought out having been driven in subsequently, by a chill or the mismanagement of the medical attendant, who thus damaged the patient's constitution instead of nursing the rash and bringing it out properly, as he ought to have done. This misty hypothesis, therefore, fits into the theory of checked perspiration, much as two pieces do in a puzzle map, reminding one rather of the "Counterpart Cousins," where each possessed the qualities wanting in the other.

Supposing a man, possessed with this idea, has had the good luck to escape the danger of shipwreck to his constitution, and is consequently suffering from his disease of the skin, he has yet another source of mischief to alarm him, which is, that the doctor he goes to will not "throw out" or "bring out" the rash sufficiently, and thus purify his blood to the necessary extent. When the surgeon, from conscientious motives, declines to make him worse, such a person generally betakes himself to the herbalist or quack doctor, one of whom very likely gratifies him by exasperating his disease to the utmost. Or, perhaps, knowing his constitution better than any one else, he undertakes his own cure, and reduces himself almost to destitution in the purchase of sarsaparilla, blood purifiers and so on, which are as capable of cleansing his blood and purifying his skin, as they are of taking the colour out of marble.

Criticism may reply that those are only the crotchets of ignorance, and that time is wasted in refuting them. Such an answer would do very well for those who believe that education can teach common sense, and the power of observing facts, but it will not stand taking to pieces. These errors, under one shape or other, are to be found in every circle of society; they are one of the moving springs in the immense yearly expenditure by the middle and upper ranks, on more costly but not sensible forms of quackery, such as hydropathic establishments and fashionable baths, and they have fastened only too strongly upon medicine. The physician, who talks about eliminating a poison which is neither to be seen nor felt, the existence of which has never been proved, is after all telling us much the same thing; his learned exposition of the process by which the seeds of disease enter the system, fructify there, and are expelled by the emunctories, the extrusive power of which is to be assisted by his remedies, sounds to me, in its closing phase at least, very like the patient's theory under a more scientific form, and hallowed by high authority. It is not to be wondered at if the ignorant cling to this kind of creed, when we find it flourishing in the shade of the academy, or issuing from the professor's chair. But thrive where it may, and in whatever guise, it is only a piece of superstition, which, while it never did any good, often does a great deal of harm, and engenders a host of confusing phrases and ideas.

Of this the topic under notice affords a convincing test. Not one person in a hundred could give an



intelligible account of the surfeit or overheating of the blood to which he ascribes his eruption; a little cross-questioning on this head will soon satisfy the inquirer. The surgeon cannot, if he wished ever so much to do so, repel a skin disease; he could as easily drive an eruption into a paving stone. No medicine possesses such a property; neither does any local application. There is not on record a single authentic instance of an internal disease having occurred in consequence of a rash having been driven in; and when the two circumstances have happened to the same person, it is really the internal disease that has begun first, an event which frequently exerts so rapid an influence over affections of the skin, particularly that characteristic of so many of them—redness, as to account for much of the prevailing error. Skin diseases accompanied by profuse watery discharge, and ulcers of large size and pouring out an abundance of matter and serum, were at one time purposely kept open even by medical men, and, if people speak the truth, the practice is by no means extinct. The closing of such outlets was dreaded, not because any ill effects had ever been observed to follow, but because superstition taught that they might happen, though it did not attempt to teach mankind what particular disease they were to look for in such a case. Years ago I showed that these diseases never were cured, and cannot be cured, too quickly, and that they only yield to measures which improve the general health. Lastly, the idea that any medical man can

bring out a skin disease is as preposterous as thinking that he can drive it in.

But, though the patient's creed labours under the disadvantage that it has no bottom to stand on, and of being so vague, that for my part I can only compare it to the "formless shades" spoken of in Ossian, yet it is at any rate consistent. It was reserved for medicine to discover that the very agent, supposed to drive in so many diseases of the skin, can bring out at least one of the number, an announcement of so startling a nature, that I should not have ventured to make it if I had not had chapter and verse for what I am saying. A gentleman professing to be and looked upon as an authority, tells his readers that lepra, one of the most strictly constitutional diseases known, is sometimes traceable to a chill. The leading continental author on skin diseases speaks of the idea as inconceivable, and with great truth. But the public do not know this: they accept and repeat this gentleman's views, as reflecting the opinions of those who have specially studied skin diseases, and he has the art of making these views popular. This much, however, may be said in justification of such a tenet. His great pupil, Bateman, mentions, evidently with surprise and incredulity, that the famous Dr. Willan "imputed the origin of lepra to cold and moisture, and to certain dry sordes on the skin."

Having endeavoured to show how much there is illogical and unfounded in the two favourite theories, it will not, I hope, be thought requisite to devote much time to the only remaining member of the family worth

entering the lists with, and this is the fixed conviction in the minds of many persons, with an old eruption, that the disease has got into the system or is in the blood. It will be an act of charity to reduce the first of these opinions into the second, and to assume that when the patient speaks of his system, he figuratively alludes to the blood which circulates through it; for though we can understand a person believing that his blood is full of the seeds of his disease, we cannot fancy a man, who can think at all, believing that all the solid structures of the body are studded over with nascent crusts, scales and tubercles. I therefore take the latter opinion and proceed to deal with it only, which I more particularly do, because what holds good against the one certainly tells against the other.

The belief, that an eruption can get into the blood, is one of the many errors which are very plausible to the ear and very unsound when scrutinized by the judgment; easy to affirm and difficult to overthrow. Such a theory can be stated in a few words, and yet might demand an essay to refute it. In order therefore to avoid a long discussion, I propose to meet it by a few brief assertions, which however will perhaps convey the results of my own observations as effectually as a chapter of argument. Disease of the skin does not get into the interior of the frame as rain would soak through a leaky roof, nor is it taken up as water would be by a sponge, or in any other way; and though some strong applications may occasionally be absorbed, yet as a rule nothing gets into the blood except by a breach of the surface or digestion in the



stomach. Diseased states of the blood there are, but there is no disease of the skin peculiar to them, nor is there any state of the blood peculiar to cutaneous affections generally, or to any affection in particular.

This concludes what I have to say on popular theories, and I gladly turn from them to the more practical subject, with which our work really begins ; and that is the tender, irritable state of the skin which so much distresses many persons, without being accompanied by so much disease as to call for medical attendance, and skin diseases themselves. From these must be deducted such complaints as measles, scarlet fever, small-pox and so on, as they are rather fevers accompanied by eruptions, which do not call for any aid on the patient's part beyond strict compliance with the orders of the medical attendant, in whose hands the case should be left. Such disorders, however, not unfrequently leave behind them a tendency to disease of the skin, which would legitimately fall within our province. We must also deduct a certain proportion of diseases caught by contact, such as itch, which also require nothing beyond attention to the surgeon's instructions, although this complaint, too, often sets up in the skin a disposition to mischief of another kind. Ringworm in all its varieties, albeit sometimes at least caught like itch by contact, I propose to retain ; for though popularly, and often medically, considered to be a trifling affair, it sometimes turns out to be an excessively obstinate malady, requiring great attention from the patient. Lastly, we have all other kinds of skin diseases. Some few of these do not



require and are not benefited by hygienic rules, but such cases are very exceptional, and perhaps do not amount to more than one in a hundred.

To sum up, then, the group of cases, for which I propose to give directions, comprises all diseases of the skin except those omitted in the preceding paragraph, and the tender, irritable state of the skin, which is often but another name for undeveloped disease. To these the rules of management now to be given are applicable, and strange as the assertion may sound, I yet state, as the result of my own observation, that the same directions hold good for all diseases of the skin; and that those suited to maintain this organ in a state of health are so nearly identical with those calculated to assist the efforts of the medical attendant, that any attempt to separate them would be superfluous. There is accordingly no need to enumerate the different skin diseases comprised in this arrangement, to classify them and descant upon their nature and origin. Such matters belong to medicine, and not to a purely practical work like this. Lastly, it is to be understood that such rules are not put forth as fitted to supersede the necessity of proper medical attendance. I do not profess teaching people how to treat disease. All that is aimed at is to enable the patient to second the skill of his medical adviser, and to avoid those errors which so often frustrate the best laid plans of treatment.



## CHAPTER III.

### Management of the Skin.

*Conditions necessary to maintain the Skin in a Healthy State.—Due Nourishment of the Frame.—Variety of Opinions about Diet.—Chemical Theories about Food—Breakfast: Tea and Coffee, Milk; Substitutes for Tea and Coffee; Dinner: Meat, Beer, Claret, Spirits; Tea; Supper.—Avoiding an undue Strain upon the Skin.—Hygiënic Rules for the Skin.—Soaps; Pears' Transparent Soaps; Analysis of Soaps.—Baths.—Exercise.—Clothing.*

THE conditions necessary to maintain the skin in a sound state, to restore it when disordered, and to second the efforts of the physician when engaged in the task of removing some one of the many diseases to which it is liable, may be classed under three heads:—

- I. That the frame be properly nourished.
- II. That no undue strain be put upon the skin.
- III. That the skin should be subjected to proper rules of management.

I. That the frame be properly nourished. By this is naturally meant that there should always be an adequate supply of food, and that the food itself should be of

such a quality as will supply the waste constantly going on in the system. But before deciding upon what is to be considered a proper quantity, it will be necessary to discuss the separate items constituting what we recognize as food; as a general principle, however, it may be said that, when a man is in good health he can scarcely be too moderate, but that when he is suffering from decided skin disease too low a regimen is a great mistake. Even when there is only a tendency to skin affection, restricting the supply beyond a certain point often brings on a pallid, coarse and relaxed state of the skin, which in some persons soon begins, from the operation of this cause alone, to emit a disagreeable odour. And this is not an instance of coincidence being mistaken for cause and effect; the cases, occurring principally in self-starved maniacs and persons suddenly reduced in circumstances, leave, in my opinion, no doubt as to the reality of the fact. Consequently, I should feel disposed to say that, though starvation may do in health, an ailing skin must, like many exhausting states, be fed somewhat as fever must.

And first, as regards what we can glean from the opinions of experienced practitioners with regard to diet, I may at once observe, that, though beyond all doubt conscientiously stated, they must have been too hurriedly formed, for they are so often in direct conflict with each other, that I have no choice but to pass them by and leave the ferment to settle of itself. When we find one author recommending great moderation in respect to meat, and another advising that it should be



eaten three times a day; one author, like the late Mr. Skey, ordering his patients half a bottle of port wine daily and a glass of rum and milk to begin the morning with, and one of his colleagues denouncing such practice; when we find this dissonance of sentiment extended to every article of diet, and every precept laid down by one authority confuted by another authority of equal weight; when views are so jarring that no mental alchemy can extract from them a single tenet of practice which may be relied on to stand a fair trial in every man's hands, then time is wasted in sifting and weighing such irreconcilable statements, and there seems little choice left except to fall back upon the remark of Dr. Johnson—"That every man has a right to his opinion and every other man has a right to knock him down for it."

In opposition to both parties, we find medical men of no slight ability denying the value of all rules and regulations whatever respecting diet. They hold that it is an affair of individual experience, and that the patient's own instincts soon teach him what he may and what he may not safely eat and drink, and that a man might as well try to tie a knot in the dark, as puzzle his brains by striving to frame a code which shall suit all constitutions. With them the rough old rule of thumb is worth all that the philosopher in his cabinet, or the chemist in his laboratory, can tell us: and the accumulated wisdom of ages does not outweigh the worth of the old proverb about "One man's meat being another man's poison." Probably these gentlemen are, in so

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much as concerns the best diet for skin diseases, as far from the mark as the advocates for extremes on either side.

Of the laborious investigations undertaken by several distinguished chemists, with a view to ascertain the exact amount and quality of nutriment contained in each of the various articles which we consume as food, I wish to speak with all possible respect. The divisions into the farinaceous, oily parts, and so on, into heat and force-producers, are no doubt of value to science: the difficulty here is to reduce such labours to practical shape. The remark made a quarter of a century ago by Sir Henry Holland that "No proportionate benefit has yet been obtained from all hitherto written upon it" (diet), still holds good. Irrespective of this, all such systems are apt to generate hobbies, which do harm by militating against the experience of common life. Thus, from the distribution into heat and force-producers, one eminent authority has evoked the theory that vegetable diet is suited for a long steady pull like that of the horse and ox; meat food for the sudden bound like that of the wild beast on its prey. A single instance makes shipwreck of the theory. The dash of the tiger is not more sudden and vehement than that of the gazelle and spring-bok; the endurance of the ox and horse is equalled by that of the flesh-eating wolf, with its "long gallop," and of the hound which pursues the wolf.

The hypothesis reminds one of the old creed, that eating flesh makes a man ferocious, while a milk-and-bread diet evokes the more lamb-like properties of his

nature : a tale which one experience alone, the meekness of the rice-eating Sepoy, is sufficient to overthrow, but which is indeed refuted by a hundred daily facts. Looking to such evidence we might put the two doctrines on the same footing, and leave both in the hands of Time. Besides, even the best established facts in the chemical theories of foods have not, so far as I can see, advanced much beyond the ruder teachings of experience ; decisive proofs that given results in this direction can be effected with anything like certainty are still wanting. Man is a refractory animal, and alone of all animals he seems not only to resist with impunity, but to be benefited by, departure from original diet : he is not easy to feed by the best theory, and we cannot fatten him or keep up his strength, as we can with an ox, by following certain rules. Consequently, I prefer here trusting to personal observation.

The data, then, on which the following rules are based were principally drawn up at St. John's Hospital, and the mode of conducting the observations was as follows :— One article of diet was experimented on at a time, and the patients, having been furnished with short instructions about it, the more intelligent of them were asked to give their attention to the matter, and to communicate their unbiassed opinions as to the influence which each seemed to have. Those familiar with such inquiries will not be surprised to learn that many of the patients had nothing to report, and that the answers of others revealed an absence of attention, or want of ability to observe, which deprived their statements of all value.

Still, on the whole, a large amount of information was collected, and this, supplemented by numerous notes taken in private practice, is digested down into the following rules. If they seem too dogmatic in point of style, I must plead as an excuse, that I wish to say what I have to say in the clearest and most precise manner.

A good breakfast is the first thing to look after, and, taken all in all, is perhaps more indispensable to health and vigour than any other meal. Tea or coffee may be selected according to the reader's taste, but I should advise that one or the other may be used, with certain restrictions however. These are, that articles of this class be pure and properly prepared. Simple black tea is best. It can, indeed, rarely be had of fine flavour; for in the general rage for cheapness people will not pay the requisite price, but many of the more respectable old-fashioned grocers keep it in a state of purity. No hill tea should be mixed with it, for though it may improve the flavour and colour, it often proves too irritating for the nervous and dyspeptic. Persons of the latter class should make their tea by pouring the boiling water upon the leaves, and pouring it off again almost directly; the fashion, prevalent in some parts of the continent, of putting the tea into a silver basket, or sieve, fastened to the spout of the teapot, and then filling this with boiling water which is poured over the tea into the cup, answers very well. Either method will do all that is requisite—that is to say, it will extract the flavour and grateful stimulus of the tea, leaving behind its irritating active principle.



Coffee should be made from the freshly-roasted berry, and the less chicory there is mixed with it the better. Experiment has shown that even a moderately free use of this drug will, in some persons, bring on torpor, yawning, nausea, giddiness, and almost total inability to work; consequently, it is scarcely ever likely to do good, and the taste for it at all is an acquired one. Good coffee needs no such aid and demands no cumbrous machinery in the shape of cafetieres, being made best of all in the old-fashioned way by pouring the boiling water upon the coffee and putting the pot upon the fire to boil for a few seconds: a method followed, I have been informed, by a man so fastidious and so often obliged to study his stomach as the great Napoleon. Lastly, it does not require anything to clarify it, beyond pouring to and fro once or twice in the french fashion.

Tea and coffee should never be drunk at railway refreshment-rooms, eating-houses, confectioners' shops, and so on, being at most of these places, in London especially, of the worst quality. The coffee is particularly bad. I have tried it at numbers of such establishments, and never yet found it fit to drink, being only too often a nauseous, thick, dirty-looking fluid, seemingly a mixture of stale coffee-grounds and bad chicory, perfectly repulsive in appearance; the milk accompanying it, euphoniously spoken of as cream, being evidently enough at least half water. Having to dine at a fashionable restaurant, loudly praised in a popular journal, I examined the coffee served up after dinner, and found it of the quality described, having scarcely



the least smell or taste of the berry. On inquiring into the matter, I was told that a Frenchman was retained in the establishment for the express purpose of making the coffee. The quality of the materials he had to work upon will, no doubt, be appreciated by those who have tasted the excellent coffee which a servant-of-all-work will put upon the table of any quiet old-fashioned lodging-house in Paris. The tea is a few shades less bad, its constitution not affording so much scope for additions, and labours principally under the defects of being made from leaves of very indifferent quality, and water highly charged with soda; and to conclude, it reflects anything but credit on our management of such matters, that nowhere in western Europe do we get such thoroughly bad tea and coffee as in this wealthy metropolis, and at the well patronized railway station.

Milk is allowable enough when taken with either tea or coffee; if used with the latter, it should always be boiled. Uncooked milk, however, is by no means the harmless thing represented in the traditions of pastoral life, and in some forms of skin disease must be interdicted. It often disagrees with elderly persons, bringing on great oppression at the stomach, followed by severe and prostrating sickness, and when not expelled in this way, will sometimes linger in the bowels under the shape of hard, cheesy lumps, causing great discomfort. Occasionally, it does not suit people in the prime of life, or even quite young children. Both the grown-up patients and the parents of the younger ones have repeatedly, when their attention had been drawn to the

subject, noticed an improvement from leaving off milk, in the shape of relief from discomfort, so often indeed that I can only come to one conclusion on the point; and, though I bow deferentially to the opinion so eloquently expressed by Dr. Prout, that the addition of oily and albuminous to farinaceous and saccharine matter, which man has always made, equally in the rudest times and in the most refined forms of scientific cookery, only approximates his food to the constitution of milk, I must appeal to experience against using the great prototype of all food except in the way mentioned in this paragraph as permissible. Perhaps the greatest mistake of all is taking a quantity of cold milk along with meat to breakfast, an error not uncommonly committed in the hope of getting up the strength. On the other hand, it seems, in the shape of milk puddings, to be harmless even when taken freely.

No pains should be spared to procure milk of good quality, and I need scarcely say that this is not an easy matter in many parts of London. The West-end and City are well supplied; but, judging from my own trials and from answers to the inquiries I have put, it is usually in the suburbs, almost invariably at seaside places, and generally throughout the country, except in purely rural districts, more or less bad, often scandalously so. Some few years ago, the farce of passing an act to prevent adulteration was gone through, for it is a farce to enact a law without providing for its unflinching execution. As sensible people anticipated, little benefit resulted to the consumer; as respects milk, I should say none at all;

and I very much question whether, after all the expense the country has been put to about this piece of legislation, one single person who previously sold adulterated milk has ceased to do so. The medical officers seem unable to move much, and the mischievous decisions of some magistrates have not mended matters. The natural result is that watered milk is now sold as openly as ever, and owing to the Adulteration Act with a higher profit, at scores of dairies, many of the proprietors of which realise large gains by this nefarious practice.

There are one or two substitutes for tea and coffee at breakfast which had better be examined here. Foremost among these stands cocoa, which many people seem to relish greatly, but which, if I were to trust my own judgment, I should call an unsavoury mess, spoiling the taste of everything it is taken with. The plea, however, usually put forward for drinking it is, not so much the flavour as its nutrient property, which I should think dearly purchased, and its easiness of digestion, which I beg leave to doubt. I have induced scores of persons to leave off cocoa in favour of tea and coffee properly made, and in no single instance have I learned that the change had occasioned any return of the dyspeptic symptoms.

Porridge is another, though far less frequently employed, substitute. Its recommendations are that it is cheap, nutritious, easily digested, and a gentle but efficient regulator of the bowels. All this I grant, but it must be objected that porridge, however skilfully made, has little staying power; a man is hungry again three



hours after eating heartily of it; those who have to endure wearing labour for several hours—as, for instance, country postmen in remote or mountainous districts—find in the end that they cannot continue to breakfast on porridge; while literary men, teachers, and so on, are now and then surprised by the discovery that the breakfast, which suited them so famously as school-boys, fails when they have to stand the worry of life and the strain of several hours' mental work. But I fancy faith in porridge is dying out, and the conviction growing up that the time for it is passed; perhaps, too, the question is, not so much whether it is or was a valuable article of diet, as how long healthy occupation, pure air, and original strength of constitution enable men to work on a kind of food, the use of which would not support the frame in a more artificial state of life.

I have known several instances where men, enamoured of the french knife-and-fork breakfast, had tried the system in England, and, as a natural consequence, had taken claret with this meal, but I never knew one where it was kept up. Part of the failure may be due to the fact that claret is not suited for early hours in our climate, as it is to be recollected that the Frenchman takes rather an early dinner than a late breakfast, and when he rises betimes, often has, soon after he gets up, particularly on raw cold mornings, something light and warm, such as a cup of beef tea. I have been told that the late Mr. Ward Hunt drank iced water only for breakfast, and not improbably shortened his life by the practice; for



doing away with the grateful stimulus of tea and coffee generally leads to waste being repaired in an opposite and worse direction—that is to say, it entails the use of a great deal of solid food at a time when the stomach will not bear such a burden.

The tea and coffee should be accompanied by an ample supply of ham, bacon, eggs, smoked fish, cold meat, and so on. So far as the pocket will allow of it, there should be plenty and variety; in respect to the latter point I think the precept laid down by Mr. Hunt, in his diatribe against monotony even when the fare is good, is thoroughly sound. A desire for change, a weariness of the same thing, is ingrained in the disposition of man, perhaps of the Englishman more than any other. I would, however, on no account advise the use of hot butcher's meat, such as a chop or steak, for breakfast, and I think, if the reader will observe for himself, he will find that a heavy breakfast of hot fresh meat is often a burden to the system; that however long continued it does not augment the strength, and that he cannot do so much work upon it as on broiled ham or bacon. As to the dread many persons entertain about salt meats inducing scurvy or exasperating skin disease, there is no ground for it. Probably enough, when people had to live for months at a time on coarsely-salted provisions without any change, any proper supply of fresh vegetables, as was often the case in the days of the Plantagenets, such a system did much mischief, but the habit has now so dwindled down as to have no significance.

Experience, assuming almost the form of instinct, has long taught the working-classes that the time for breakfast is from eight to nine o'clock; and that, although they may do two or two-and-a-half hour's work before this, they cannot long continue to eat at an earlier hour, and I believe it will be found that a large proportion of the healthiest, most energetic, and longest-lived men breakfast at about the time of the morning barometrical rise, from eight to ten a.m. This, then, is the period I would suggest for the meal, and the man who eats a hearty breakfast can go through the day with a surprisingly small amount of food. Two illustrations of this are to be found in the biographies of men whose great labours will ever awaken admiration, and they are so explicitly told that I suppose we may rank them among the facts which cannot be refuted. Lockhart, in his "*Life of Sir Walter Scott*," says that the renowned novelist ate a breakfast like a ploughman, but that he took little more food during the rest of the day; and in Brialmont and Gleig's "*Life of Wellington*" it is stated that the Duke, in perhaps the busiest part of his existence, sometimes took no food at all, meaning thereby, I presume, nothing like a regular meal, from the breakfast of one day to that of the next. Looked at, then, through the medium of such experience, it would seem that breakfasting well offers the great advantage of being the most economical system which can be pursued.

Many people say they cannot eat breakfast; it is as much as they can manage to get through a thin slice of

toast or bread and butter and a cup of tea or coffee. The answer to this must be that either the health is out of order, or there is something amiss with the habits. A screw is loose, and it must be tightened or the health will some day or other give way. There is no such thing as inborn want of appetite for breakfast; a person in really good health never suffers from inability to eat at this time of the day, and there is no disease—at least of the skin—which induces such a state. Perhaps nine times out of ten it might be traced to the morning beer, which such people are ready enough for by eleven o'clock, or to over-indulgence in stimulants. Late, heavy suppers are sometimes the cause, but the extent of their operation is insignificant compared with that of the others. When once bad habits are given up, acids and bitters, conjoined with aperients, will usually soon set matters right in this direction; but till they are set right, a person suffering from disease of the skin is not likely to derive much benefit from the best regulated course of medical treatment, and most efficient hygiënic measures.

From breakfast-time up to quite half-past one or two o'clock, or even later, no food is required, and no stimulants except in cases of great weakness, and then under the orders of a medical man. I do not consider it any part of my business to discuss the question, whether it is best generally to dine early or late. I am taking here the case of those who have to study the point in reference to health, and for them I must pronounce in favour of an early dinner; when that is impracticable, then let the lunch be as substantial, and the late dinner as light



as possible. Assuming that the dinner is to be early, it should consist essentially of meat, a moderate quantity of well cooked vegetables, and bread. The quantity of meat should, even in cold weather, not exceed half a pound as a rule, and during summer less will suffice; indeed, at this time of year, and in the case of persons affected with some diseases of the skin, I constantly advise, not only occasional abstinence from butcher's meat, but that only a moderate quantity should be taken at any time; and have, after narrowly watching the cases, seen no reason to alter the practice, or to think that the fear, so widely entertained about such a diet reducing the strength, is borne out by facts.

There is indeed a very erroneous impression as to the strengthening power of meat. Waiving all questions about difference of race and climate, as only likely to entangle us in endless discussion, and narrowing the case exclusively to Englishmen, I say at once that they often consume far more meat than is good for them. Men in training, it will be said in reply, live almost exclusively on half-raw meat, and very strong men are seen in all classes of society who are large meat eaters. But men in training get into fine condition principally because they leave off beer and other superfluities; it has been shown that even a small amount of malt liquor daily will vitiate the best system of training, and I have seen good reason to conclude that men train very well on a moderate quantity of meat. Besides training is an artificial state which cannot be maintained for any length of time, and therefore the conditions, necessary to carry



it out successfully, are unsuited to cases requiring a prolonged course of treatment. More meat than is required by the system simply acts as a burden, which strong men may support, but weak ones sink under; and even the most robust derive no benefit from superfluity of nourishment. It is, I believe, pretty well known that men-servants in rich families who, on an average, eat more meat than any other class of the community, often make bad recoveries, and the number of such persons attending at the hospital is proof enough that over much meat does not tend to keep the skin in good order. At the same time, however, in proportion as meat is withheld, a more ample supply of less stimulating nutriment in the shape of broth, eggs, light puddings, especially those made with Chapman's corn flour, should be allowed. Good home-made pastry, too, is allowable enough, unless severe indigestion is present.

Above all things I counsel the reader, if he or she be tormented with a disease of the skin, not to indulge in heating food, such as pork, goose, and strong soups. I am afraid I should be accused of exaggeration, were I to say how often I have traced relapses to errors of this kind; but I may state that candid patients have, of their own accord, several times communicated the fact. In diseases accompanied by a very irritable state of the skin, a free indulgence in roast pork for dinner, with a glass or two of ale—a beverage which possesses the property of always being mild on these occasions—will sometimes visibly exasperate a rash before the time for digestion is over. Pickles and shell-fish, oysters excepted,

should also be avoided; and in some nervous affections of the skin, nuts of all kinds must be renounced, even in small quantities. In speaking of soups, the reader will notice that I refer to those which are strong, and, as a matter of course, such remarks are directed against the habitual use of these things. A moderate indulgence in the better kinds of home-made soups, particularly in raw, cold weather, is legitimate enough.

No fact stands better attested than that vegetables are absolutely necessary to health. The experience of by-gone days taught a sharp, but wholesome lesson on this head, in the ravages which scurvy made in our armies, and still more our ships' crews, when they were not provided with vegetables and lemon juice. The symptoms of this justly dreaded scourge are so well known that it is unnecessary to mention them, but one deserves particular notice at our hands, and that is the great weakness accompanying scurvy, however ample the supply of meat may have been. The passionate craving, too, often shown by sailors after a long voyage, for green meat of every kind, even when they have been well provided with lemon juice, proves that vegetables supply some undefined want of the frame. For these reasons I always recommend a due proportion of them, especially the more nutritious kinds; not that they possess any curative property, as patients with disease of the skin often fancy they do, but because dispensing with them clearly leads to mischief.

A person who has reason to be anxious about his skin should abstain from beer. Of course we all know that

heightened sensibility to noise or agitating causes of any kind, often marked by great and sudden increase of the heart's action ; sick headache, recurring frequently, and ceasing when the beer is left off ; indigestion, also yielding so soon as the exciting cause is withdrawn ; loss of appetite ; sleeplessness, perhaps, accompanied by inability to lie down ; and general feeling of gloom for which there is no apparent reason.

As a substitute, I would suggest claret. During the summer months nothing answers better than good St. Emilion, or Medoc ; but in chilly weather it is often, in the case of invalids and elderly people, too cold for the stomach, and should either be fortified by the addition of a little port or Tarragona, or be given up in favour of Carlowitz or Tarragona claret. As to the quantity the patient, if grown up, may drink from half a bottle to a bottle a day of the french wine ; the allowance of winter drink should be rather less. From the use of brandied wines like port and sherry I have seen no good, and often some harm ; besides, it is very difficult even for rich people, practically impossible for those who are not well off, to get them pure, most of what passes under such names being composed of poor wine adulterated with what is called brandy, but is really a coarse, fiery kind of whisky—flavour, crust, and so forth being added according to order. This compound, when properly be-devilled in this way, is principally adapted to stupefy, or madden, as temperament may decide, any person ill-advised enough to drink it, and make him sick and sorry afterwards. Madeira is so rare a wine, that I have had little opportunity of

examining its qualities. I attended a patient who was very partial to it till he had three bad attacks of gout, followed by eczema, each outbreak being fairly traceable to a special indulgence in his favourite wine. As these improved neither his health nor his skin, he was sensible and resolute enough to give up madeira. Light white wines are, during great heat, a pleasant and *usually* safe substitute for claret, which to many persons becomes highly unpalatable at this time. But their merits end here. After long observation I am disposed to think that they possess no curative property, and therefore, negatively, do harm by wasting time. It is not always, too, that they are safe. At any rate skin diseases relapse when they are being used, and thus, though it is not a pleasant alternative to put before the patient, there is sometimes no choice but to say that he must either keep his skin disease, or keep to red wine even when it has become unpalatable.

Good claret, the reader may say, is an expensive wine, and it can serve no useful purpose to recommend any but good wine, a cheap article of this class being merely weak acid stuff, with no body in it. Fortunately enough for those whose means are straitened, the opinion, founded on only too correct a view of life in general, is groundless in this instance. Cheap claret is not necessarily weak and acid; on the contrary it is, when selected with care, quite as well-bodied and as well suited for the treatment of diseases of the skin as Chateau Lafite. This assertion may seem hasty, but it is advisedly made. For nearly twelve years I have now used the excellent



St. Emilion wines, imported by the Wine Agency Company, extensively both in private and hospital practice. These wines are sold at a very reasonable price, and I have seen ample reason to conclude, that the poor patient makes as good and quick a recovery on cheap claret, as does the man to whom money is no object on the finer varieties. Flavour, age, and a great name, have no influence over an unhealthy state of the skin. I constantly hear it urged that even low-priced claret is too expensive for the poor; but, looking to the relative amount of wholesome stimulus, it comes quite as cheap as beer.

The Tarragona claret—now sold of good quality at four shillings the gallon in the wood, is very well suited to hospital practice in cold weather, and for those who fancy the french clarets are too cold for them; its alcohol standard being, without any added spirit, one-fourth higher than that of the average Bordeaux wines. Though made from the same grape as the Catalan, it is a true claret, being allowed to ferment naturally. It is rough of flavour, but sound and in no way acid, and, after using it for hundreds of hospital patients, I can safely say, that the working man who spends the same amount of money on it that he would do on beer, not only throws off skin disease more quickly, but gets through his work better for doing so. As the district from where this wine is produced—of which Tarragona is merely the seaport, Reuss being the centre—can furnish quantities practically unlimited, it would be a great boon to the working-classes were it substituted for beer.

Whatever quality of wine be used, I should advise

that it is on no account to be capsuled, which is often only another name for being badly corked, and thus spoiled by the admission of an intruder rapidly fatal to the finest wine. Specious as may be the reasons alleged for the use of this mischievous and tawdry continuance, it is quite certain that it does not keep out the air, while the wine which escapes into the capsule gets tainted, and often communicates an indescribably nauseous odour to what is in the bottle, so that it would be better to let the wine leak away. Wine bought in the wood for patients, and claret of every kind used for children, should always be divided off in so many bottles, each containing a day's consumption; these should be tightly corked and stowed away in a cool place till wanted.

Burgundy is occasionally useful as a substitute for claret, especially in winter, but, unless I am deceived by my experiments, it is certainly surpassed by the clarets in curative power. In some instances this wine cannot be continued, as people make blood too fast on it. A gentleman, who had occasionally consulted me, said he could take claret every day of life, but that if he drank Burgundy for a week he was sure to suffer from bleeding at the nose, and had done so on several occasions. Burgundy is said to be a gouty wine, but after paying all the attention I could to the point, I have been led to question its influence in this way. Carlowitz seems to possess all the qualities likely to act favourably on the skin, but for one reason or other I have never been able to induce patients to continue the use of it.

Such is the result of observations on these few wines

extended over a period of quite twelve years. In dismissing this part of the subject without any reference to the many excellent little works on wine, it may be thought that I am over-riding the experience of others. But the fact is that, while I quite admit the value of such contributions in all that respects the history of wines, the mode of keeping and drinking them, their taste and table qualities, I have not stumbled upon a remark in any of them calculated to guide us in treating disease of the skin. As to the certificates in favour of wines, they are now so numerous that the purchaser must be as much in doubt as to which is the best product of the kind, as to select the most curative of mineral waters or the most restorative of newly-invented foods. The wines, indeed, contain every quality that can be desired by the most exacting, and their remedial properties seem to have been ascertained with a rapidity which is to me incomprehensible. But though such panegyrics may suit the purpose for which they are intended, they are quite unfitted for a system which requires so much precision as the treatment of cutaneous affections, and which compels the practitioner to reject everything but what is stamped with an exactness not to be found in reports on wines.

Spirits are not needed for the young, except in cases of indigestion or sudden and serious exhaustion, and should be used in great moderation even by the middle-aged and elderly, not so much on account of their injurious properties when care is taken to secure old and pure spirit, as because such precautions are so rarely taken even by those who have both time and money at



command. Whisky and gin are perhaps, in a general way, the least hurtful of all. A dutch distiller, by whom I was consulted for disease of the skin, told me that good english gin is the purest spirit in the market, being in this respect superior to anything made in Holland, a statement which surprised me. Consequently, a little of either of these may be allowed, with the proviso that purity is ensured. It was stated some time ago that, at one of the ophthalmic hospitals, cases of inflammation of the eyes, from gin splashed on the counters of public-houses, were of common occurrence; hence the reader may form an idea of what state his throat and stomach are likely to be in if he drink gin without regard to the source he procures it from. Brandy is sometimes requisite when indigestion is present, but the great cost of genuine cognac, which is the only kind I should like to recommend, is almost prohibitory. Even greater care is needed here than with other spirits. Coarse adulterated gin and whisky generally—to a person who is ever so little a judge—betray their nature by their taste, but cognac is so well counterfeited that even an experienced toper might be deceived. A patient brought me a specimen which tasted like good french brandy, but he assured me it was all made in England, and added, in answer to my questions, that the only security for purchasers is the respectability of the house at which they buy. Rum should never be used except with milk in cases of great exhaustion and weakness, when it proves an excellent restorative.

Ladies often suffer great annoyance from redness of



the face, accompanied by large hard red spots which sometimes suppurate. The complaint, as is well known to surgeons, yields easily to treatment, but if the patient happen to labour also under indigestion, this complication must be set right before anything effectual can be done for the disease of the skin, and here brandy comes to our help. In nine out of ten of these cases, when there is indigestion, it will be found to occur principally after dinner, especially early dinner, followed by long standing. Shop-girls, condemned to the monotonous fare of large houses of business, the huge joint day after day, with regulation vegetables and table-beer, often suffer in this way. The remedy is very simple; unfortunately in the latter class of cases it can rarely be put in force. The patient should dine daily off a chop, with all the fat pared away well grilled and peppered, a little cayenne pepper being also added, a piece of bread and a single potato, all other vegetables being avoided. The only drink should be a little brandy and cold water. As this fare is not very satisfying, some addition in the shape of a piece of ham or bacon may be made to the succeeding meal.

The disease just spoken of—rosy drop, or *rosacea* as it is called in the profession—is frequently attributed to intemperance, and indeed some *few* cases are so like the inflammation of the skin which results from over-indulgence, that they can only be distinguished with difficulty. In general, however, the experienced practitioner will not be long at fault; moreover, the disease in the temperate rarely, if ever, assumes the bad form seen on the faces of drunkards. Still, common rumour is

only too ready to credit persons, suffering in this way, with the character of cherishing an ill-requited attachment to the bottle, and I therefore take this opportunity of saying that the opinion is, as regards perhaps forty-nine cases out of fifty, entirely without foundation; a statement quite borne out by the rapid improvement which the disease undergoes when properly met and by the rarity of relapse; for, were it caused by habitual intemperance, treatment would almost certainly have no effect, and the disease, if it mended under treatment, would return so soon as this was left off.

For the meal following dinner no very special rules are needed. Tea lightly drawn and used with the restrictions already mentioned, and coffee, are both in order. They should be taken in moderation, there being few persons whose nerves are, as Boswell puts it about Dr. Johnson, in a state of over-tension, and therefore require a deal of moisture to relax them, just as a fiddle-string when too dry might need soaking. With some persons even a moderate amount of such fluids is better endured when they are solidified with a little farinaceous food, to which no objection can be raised; although I think the restriction should always be imposed, that if there is to be supper, tea should not be made a meal of. Whether a late tea or an early supper is best I confess I am unable to decide, and I believe the decision to be immaterial, but both should not be indulged in.

Suppers are good or bad, harmless or hurtful in proportion as the opportunity is used or abused. No meal more refreshes the frame and sustains the strength

when properly enjoyed, but in none is over-indulgence more speedily and certainly visited by disturbance of the system. Men and women, not exceptionally strong, have eaten suppers all their lives and lived to a great age; thousands derange their health by heavy suppers, or find that they must give them up in consequence of the loss of appetite, coated tongue, gloom and irritability which they induce. The popular belief that they bring on nightmare I consider to be a fallacy; I have known persons who never touched a late meal suffer in this way, and in none of the very few cases of nightmare which have been brought to my notice was a heavy supper the cause.

The great principle in taking supper is that it should never spoil the appetite for breakfast, and therefore must be moderate. We know there are men who can eat at any time; everyone has seen instances of persons who, after a heavy meal overnight were quite ready to begin again next morning, but for the general run of mankind the rule stands as I have put it. Equally I believe that the general run of mankind when dining early require supper. Cases where the health was steadily breaking for want of this meal, usually met with among nervous, hard-working men of business, who had heard that suppers are unhealthy, have begun to improve as soon as the process of exhaustion was stopped by a light evening repast. I have therefore for years, in all cases where dinner was necessarily early, recommended an early supper, at least enough to stay the stomach, such as a poached egg or two, fried or baked potatoes, biscuits and cheese with celery or radishes, fish, and so

on ; and I believe such a meal, with two or three glasses of claret, never yet did harm.

“ After supper walk a mile.”

Generally a proverb, unless it deals with something as palpable as the nose on a man's face, might be looked upon as a figment permitted by Providence in order to test the limits of human credulity, for certainly I should say half the old saws are sheer nonsense, and that which stands at the head of this paragraph is only one remove off. No doubt in close stifling weather a gentle walk in the garden the last thing at night is a good preparative for bed ; possibly some such process cooled down the brain of the man who over-heated it in concocting this proverb. But a moderate degree of observation will show that such a rule is impracticable, especially in winter, not one person in fifty being in a position to do anything of the kind ; consequently, if the rule had any value, forty-nine supper-eaters out of fifty would be on the wrong track. After supper is the time, *if there be a time*, for taking spirits, and so far as my experience is concerned, I believe the habit in reason is rarely injurious.

II. Avoiding an undue strain upon the skin means, I need scarcely say, abstinence from the various articles of food and drink condemned in the foregoing pages, as also from the habits signalised for avoidance in those which follow. To recount them here would simply swell the bulk of the work without enforcing its object, and I, therefore, pass at once to the succeeding and last division of this chapter, the hygiene of the skin considered locally.



III. Whoever wishes to preserve the skin in good order, and particularly if troubled with a tender, chapped, irritable state of this organ, must attend sedulously to the use of two things: a proper soap and a proper kind of bath. I had not long pursued my investigations at St. John's Hospital before I found that, do what I would, the want of a pure, unirritating soap constantly nullified all my efforts; the soaps which I tried *doing so much mischief* that many patients, of their own accord, substituted thin gruel, oatmeal and water, and so on. The chemists, whom I consulted, recommended sometimes their own favourite soap, sometimes the soft soap of the pharmacopœia. Both turned out failures. The favourite soaps, one and all, proved quite as potent for mischief as the common yellow; the pharmacopœia soap, besides being very expensive, is too soft and requires to be kept in a pot. Moreover, it is not properly boiled, and it is precisely in the careful and long-continued boiling that the superiority of english soaps lies over those prepared on the Continent, where soap is prepared rather for perfumery than saponaceous qualities—foreign soaps I have found almost invariably bad. As these objections seemed insuperable, I consulted Messrs. Pears, the well-known soap makers, and they directly agreed to prepare an unscented soap, which should at once contain the smallest quantity of alkali compatible with due saponification of the fatty matter, and should yet be sold at such a reasonable price as to be within the reach of the hospital patients. Such was the origin of Pears' Hospital (or Unscented) Transparent

Soap, which has now deservedly made its way into so many hospitals, and which I have continued to use for fifteen years with unabated confidence.

From time to time I have tried many different soaps, specimens of which have been sent to the hospital. Others I have procured, so that I might pursue my investigations with perfect independence, and I have now, after fifteen years' careful trial, in many hundreds of cases, both in hospital and private practice, no hesitation in giving my verdict to the effect that nothing has answered so well, or proved so beneficial to the skin, as Pears' Transparent Soap—an experience I find endorsed in the works of Mr. Erasmus Wilson and Dr. Tilbury Fox. Inasmuch as it was, in special forms for hospital practice, originally made at my suggestion (although for nearly a century before the soap was favorably known in the profession), such a statement may to the reader sound to some extent very like an encomium on my own work. But this is one of the occasions on which the truth cannot be told in any other way, and though, like others, I feel a natural reluctance to say anything which might be so interpreted, yet it would be a mistake if I allowed any such feeling to stand in the way of stating the exact truth about a fact which I have spent so much time in elucidating. For I may remark that, before the appearance of the work by Mr. Pears, and that by Auspitz on soap, both, I believe, first noticed in any english medical journal by myself, nothing was known of the action of soap on the skin, the soap cure being simply a process aimed at obstinate disease, so that

each person had to find out for himself what he wanted to know about the subject. Nor is the aspect of the question much altered since then. One author has indeed mentioned several kinds of soap in terms of praise, but the eulogy is too general, the phraseology too vague, to permit of our thinking that such conclusions rest on the only proper basis, *a strict and discriminating comparison of the action of one soap against another*; and it is a curious illustration of the lax manner in which the topic has been handled, that among the special objects of praise we find some soaps *entirely innocent of the ingredients which their names implied*. With so little then to guide me, I was naturally driven to rely a good deal on my own observations, and the following paragraphs are accordingly based almost exclusively on these researches.

Most toilet soaps labour under one or more of the following defects. First, they contain too much alkali, not perhaps an object of much importance to persons with hard, strong skins, but of great consequence when this organ is sensitive, or out of order; and we constantly have cases of relapse at the hospital from the use of alkaline soaps for domestic purposes. Secondly, they contain a quantity of useless or mischievous additions. Thirdly, they are made by the "cold process"—an imperfect chemical mixture obtained without boiling—a drawback common to many of the french and german soaps. Lastly, the fatty matter is sometimes of very inferior description, kitchen refuse and dripping being mixed with it to a great extent. Some years ago a lay officer of one of our

largest hospitals informed me, that the refuse dripping of the institution was all bought up by a small soap-boiler. The practice is, perhaps, not so objectionable in the manufacture of common soap, for which, indeed, kitchen refuse is notoriously employed, but as an ingredient of *toilet soap* such inferior stuff can scarcely be too strongly condemned.

Plenty of bulk for the money, strong scent, variety in the way of colour, pretty boxes and labels, are the characteristics which usually recommend toilet soaps, and they are all so many mistakes. *A good soap cannot be very cheap.* Such soaps as I have here referred to are made from the commonest yellow; the bulk is due in part to the admixture of various clays and earths (lime, gypsum, &c.), to reduce the cost; partly to the contained water, of which some toilet soaps hold as much as sixty per cent., whereas pure soap should not have twenty per cent. When these soaps are purified, as it is called, more alkali with scent and coloring matter is added. Fine scent, and especially pungent scent, is in no way necessarily connected with good soap; on the contrary it is often an excuse for puffing some worthless article, especially coarse, alkaline soaps. The colour is perhaps the worst of many bad features. Green is generally due to arsenic, or sesquioxide of chromium; Red to vermillion; Blue to ultramarine. The marbled look of Castile Soap is stated, in Thompson's London Dispensatory, to be communicated by adding sulphate and red oxide of iron. Dark coloured soaps, such as Old Brown Windsor, are constantly made from the residuum of



common household soap, known in the trade as "Black Jack." The white ones, which some persons favour so much, are chiefly composed of the disagreeable vegetable fat cocoa-nut oil and a great deal of alkali.

A few years ago M. Auspitz, of Vienna, wrote a work on soap, principally from a medical point of view, tracing its history from the pre-saponic days of Jeremiah down to the time of Pliny, when soap proper first appears on the stage. He had been anticipated by Dr. Pereira, Mr. Pears, and even still earlier english writers, in a good deal of what relates to the history and making of soap, but he executed his task with his usual great ability, and advocated the cause of medicated soaps. At the request of the editor, this work was reviewed by myself in the *Journal of Cutaneous Medicine*, and I was reluctantly compelled to say that I could not approve of the author's recommendation, and that the employment of any drug or medicament in this form is, as regards the skin, a grave error, particularly when this organ is out of order. This opinion I have seen no reason to alter.

Medicated soaps may be roughly divided into the strong and the soothing. The first contain such substances as carbolic acid, tar, acid nitrate of mercury, tartar emetic, and so on; the latter, materials of a gentler nature like glycerine. As regards the former, although some persons can use them, like alkaline soaps, with impunity, they are totally unsuited to the bulk of the community, and particularly to those who, on account of great natural or acquired delicacy of the skin, are obliged to study the question. For such persons

I feel warranted in saying, that the addition of any strong mineral or drug to soap is always more or less mischievous.

The introduction of a soap of this nature to public notice is often accompanied by one or more medical certificates of its value. By what means the writers arrive so quickly at a knowledge of the real properties of these products, I am quite at a loss to understand, but as respects my own experience, I have entirely failed to meet with the valuable qualities vouched for. Moreover, it is to be remembered that these substances are supposed to act remedially, and are therefore subject to the operation of those laws which control the operation of remedies. Now it may be affirmed, that there is no disease of the skin, and even no merely disturbed condition of it, which can, without the aid of proper internal treatment, be removed by any one substance, or any combination of the substances employed to medicate soaps—sulphur in itch and some trifling cases of ring-worm, perhaps, excepted. Those who have studied this branch of medicine know only too well that, in by far the greater number of the exigencies which they have to cope with, all external means are useless without a prolonged and well regulated course of remedies fitted to act upon the system, and such a course does not require the aid of medicated soaps.

Looking to the short time it is in contact with the skin, the active ingredient of a strong soap must, if it have any effect at all, operate like a caustic, and it is very seldom that caustic is required for any kind of skin

disease, unless it be lupus, which was never yet cured by soap. Such an application must necessarily soon be washed off again, whereas experience shows unmistakably that, for external applications in cutaneous diseases, the great point is to keep them as long as possible in contact with the skin, and to disturb them no more than can be helped. Besides, the curative power, in the best shape, of the ingredients employed to medicate soaps, has been ridiculously over-rated. For instance, the use of carbolic acid as a remedial application is practically discontinued in my department at the Hospital, observation having shown that though it may be a good disinfectant, and very well adapted to filling up a stray gap in sanitary science, or for making that kind of dint in the human brain which this organ seems every now and then to require, there is not a single skin disease worth notice that is amenable to its action. Tar, again, of different kinds, has been repeatedly tried and at last given up, being found to possess no curative action, the utmost that it ever did being occasionally to remove some slight affection, which would have yielded to more cleanly remedies. Sulphur, too, is used to impregnate soap; but there are very few skin diseases for which it is required, and to be of service in these it must either be employed in the shape of vapour, or be kept perpetually in contact with the skin, conditions for which soap is not adapted.

Nor is this all. These soaps are not always merely useless. I am not influenced by any fears of what might happen from the use of any particular application, but, on the contrary, restrict myself expressly to what has



happened, and very frequently. I therefore state, as the result of my own observations, that strong, medicated soaps, containing carbolic acid and tar, *often do a great deal of mischief*. Used when disease of the skin is coming on, they frequently exasperate it to an unexpected degree. Prominent among the affections thus maltreated are eczema, popularly known as scurvy and watery tetter, often, in its nascent stage, doctored by the patient in this way to his cost; and scalled head, a term perhaps properly restricted to a rare, inflamed variety of ring-worm, but more generally applied to another form of eczema, for which the mother often flies for relief to Tar Soap, and sets up very troublesome irritation by doing so. The patrons of these soaps may say that this is the abuse of them, not the use for which they are intended. But it would be interesting to learn how such a check is to be imposed, as will once and for all separate use from abuse, seeing that the mistake is often made at a time when it would require the practised eye of a specialist to detect the coming disorder; and how patients, who see these soaps advertised as curative in so many diseases, are to be guarded against taking any view of their virtues but a general one.

The soothing soaps are not open to such censure, for the simple reason that the material, for the sake of which they are bought, is inert in some and wanting in others. I believe it is the custom to manufacture and sell Toilet Soap, in whole tons of which there is not a single drop of the article from which it derives its name, and in virtue of which it is supposed to possess some marvellous



soothing quality, not possessed of course by any other product. Among the soaps thus described are Mallow, Honeysuckle, Rose, Elder-flower, Lettuce, and Almond, to which may be added for convenience sake Honey and Glycerine. It is not, however, intended to convey the impression that it is always so, some soaps, no doubt, contain what they are said to do. The difficulty is to know how the consumer is to secure purity by the medium of chemical analysis, as this is rather a costly method for the mass of patients. It would also be desirable to know what part of the honeysuckle and rose, the elder-flower and lettuce is introduced into soap. Expressed juices and essential oils do not stand boiling over well, and if added after boiling are only likely to convert soap into a filthy mess, quite unsuited to the purposes of cleanliness.

In short, it may be said that medicating soaps means, on the whole, waste of skill and labour, of time and material, on the part of the manufacturer, and of money and hope on the part of the patient; that soap, instead of being a convenient vehicle for mineral or vegetable products is the worst ever devised. The more purely negative soap is, the nearer does it approach to such perfection as its nature admits of. The skill of the manufacturer, when treading in the right path, is taxed to rid it of all extraneous matters, so that it will cleanse the skin without injuriously affecting it. From M. Auspitz we learn that even the finest german soaps are liable to this defect, owing to excess of alkali, and that the superabundant soda or potash in them acts upon the

sebaceous matter of the skin, thus forming a second soap in the act of washing. A similar statement had been made long before by Mr. Pears, and, indeed, the whole frame so lends itself to changes of this nature, that under certain circumstances it is converted into a species of natural soap known as adipocire. Pears' Soap, being cleansed from the extraneous barilla by solution and precipitation, is free from this drawback. I have excellent reason to think it is the best because the purest soap that is made, an opinion not only attested by authorities like the late Mr. Startin, Mr. Erasmus Wilson, and Dr. Tilbury Fox, but vouched for by the strictness of chemical analysis. So effectually for medical purposes has the process of purification been carried out, that this soap, when made into a lather, can be applied even to a surface abraded by eczema.

In order to investigate thoroughly the composition of some of the toilet soaps now in use, I procured thirteen specimens, which were submitted to the scrutiny of Dr. Attfield, Professor of Practical Chemistry to the Pharmaceutical Society, with results given in table on next page. The term nitrated ash is employed because nitric acid was used in the process, but such ash is principally carbonate of soda and other mineral matter. The reader will thus have an opportunity of knowing what the composition of some toilet soaps really is.

## ANALYSES OF THIRTEEN SAMPLES OF TOILET SOAP,

By Dr. JOHN ATTFIELD, Professor of Practical Chemistry at the Pharmaceutical Society, London.

*(The figures in decimals show parts in 100 parts.)*

Number.	Name.	Soda.	Fatty Matter.	Proportion of Soda to Fat.	Moisture.	Nitrated Ash.	Coloring Material.	Remarks.
	A fair Standard for Toilet Soap .....	6.6 to 7.7	60 to 70	1 to 9½	15 or 20	12 to 13		
1	Honey Soap .....	6.03	59.5	1 to 10	20.5	20.0	Vegetable.	Moderately good.
2	Rose Soap .....	6.03	67.0	1 to 11	18.0	17.7	Vermilion.	Rather greasy.
3	Elder-flower Soap .....	6.03	65.5	1 to 11	17.0	21.4	Ultramarine.	Rather greasy.
4	Brown Windsor Soap .....	6.62	50.1	1 to 7½	22.0	29.0	Ochre, &c.	{ Impure and alkali.
5	Lavender Soap .....	6.67	64.7	1 to 9½	21.0	20.1	{ Vermilion & Ultramarine.	Fairly good.
6	White Glycerine Soap .....	7.25	60.5	1 to 8½	21.5	25.6	Natural.	{ Somewhat impure and alkaline.
7	English Transparent Soap .....	7.25	67.4	1 to 9½	15.0	12.7	Natural.	Very good.
8	Foreign Transparent Soap .....	6.16	48.7	1 to 8	23.5	14.1	Natural.	{ Weak and alkali.
9	French Lettuce Soap .....	9.4	79.5	1 to 8½	6.3	20.2	{ Chrome Green.	Somewhat alkaline
10	English Lettuce Soap ..	8.8	37.0	1 to 4½	33.0	20.0	Ditto.	{ Excessively alkali.
11	German White Soap .....	9.8	69.0	1 to 7	—	—	—	Very alkaline.
12	Curd Soap .....	9.4	66.0	1 to 7	—	—	—	Very alkaline.
13	A Factory Soap .....	8.7	53.0	1 to 6	—	—	—	{ Unfit for use on the skin.

In explanation of the preceding Table a few more words are necessary. Soap is made from soda, oil, and water; and, further, when these three things are boiled together in the course of the manufacture of the soap, the action of the soda on the oil causes the production of some glycerine. Sometimes the glycerine is allowed to remain in the soap, but pure soap contains little or none. If the soap is carefully made it will contain neither too much soda, which would make the skin rough, nor too much oil, which would prevent or at least retard the cleansing power of the soap, nor too much water, which would reduce the money-value of the soap. One hundred parts of good toilet soap should contain not more than twenty parts of moisture (which slowly dries out when the soap is placed in a warm dry place, leaving the soap horny and difficultly soluble). If the soap contain only 15 per cent. of such moisture so much the better, but soap containing much less than 15 per cent. of moisture does not lather readily. All soap also contains a little water in such a close condition of combination that it can only be extracted by prolonged steam-heat. Obviously the larger the proportion of moisture in soap the smaller will be the yield, on analysis, of soda and of oil. A model soap should yield, say, 15 per cent. of ordinary moisture, nearly  $7\frac{1}{2}$  per cent. of soda, and about  $67\frac{1}{2}$  per cent. of oil. If the soap contain rather more than 15 per cent. of moisture it will probably yield rather less than  $7\frac{1}{2}$  per cent. of soda and rather less than  $67\frac{1}{2}$  per cent. of oil; the important point is that the *proportion* of soda to oil



should be nearly  $7\frac{1}{2}$  to  $67\frac{1}{2}$ , or nearly 1 to 9—say 1 to  $9\frac{1}{2}$ . With regard to the character of the perfume of a scented toilet soap, or the smell, good or bad, of unscented soap, persons using soap are able to judge for themselves, and will readily distinguish between good soap properly perfumed and soap in which a maker has endeavoured to disguise bad smell by excess of strong aromatic essences. It is also scarcely necessary to say that "Honey" soap does not contain honey and that "Lettuce" soap does not contain any lettuce, but that such names are usually fanciful and without significance.

It will be seen that sample No. 7 was found by Professor Attfield to be by far nearest the standard, and it is only fair to state that this was an ordinary sample of Pears' Transparent Soap taken from the stock in use at the Hospital, thus chemically verifying the practical experience of it.

When it is necessary to take great care of the skin, warm water should be used for washing, except in the height of summer, and even then if there be actual disease of the skin, while for this state water as hot as it can be borne is demanded in cold weather. Warm water in the latter case has simply a negative value—that is to say, it obviates the mischief which would be done by cold; to secure a curative effect we must employ heat. Ladies, suffering under the eruption on the face known as acne, should use hot water even in summer. It sometimes inflames the spots for the moment, but sooner or later the beneficial effects of the practice are visible.

People with merely slight disease of the skin often give up the cold sponge in the morning with great reluctance, and only imperious necessity could justify the interdiction of a practice so cleanly and refreshing. But this necessity exists. A man with a skin like an andalusian bull, and muscles of india-rubber, who believes neither in sickness nor the remedies for it, and who spends half his life in rambling, cricketing, fishing, and so forth, can very well afford to disregard such restrictions; neglect of them when the skin is in a morbid state often perpetuates the complaint, however carefully it may be attended to in other respects, and the skin will at times get worse under the use of cold water, despite all faith to the contrary, as those with any bad skin disease generally find out for themselves. Some persons maintain that a good scrubbing with soap and water will do no harm even when the skin is tender, rather rouse it to vigorous action, and help to keep the internal organs in good working order; but if they were to extend the process of reasoning to an inflamed eye or throat they might find that there was a flaw in the argument. Friction is a capital thing, the skin can be kept healthy by means of it even without washing, but to bear it properly the skin must have partially recovered.

Ladies who study—and very properly study—their complexions, would find, when the skin is wrong, that a hot bath, and, still more, a vapour or “modified turkish” bath, will do more to put it in order than all the cold bathing at their command; and now that both the latter can, by means of a small apparatus sold by

the instrument makers to St. John's Hospital, be had at a cost so slight as scarcely to be felt by any but the very poor, there is no longer any valid obstacle in the way of their being employed. Whatever objections, too, existed against the use of the turkish bath in its ordinary form, as so frequently productive of disagreeable results to the general system, have been entirely overcome in the apparatus mentioned, while the excoriation, sometimes complained of, is obviated by using the soap already recommended instead of common soap-suds.

Observation at the hospital has repeatedly shown that this bath is in some forms of disease decidedly more curative than the turkish, but in this instance the lessons of practice had been anticipated by scientific experiment, seeing that, many years ago, M. Edwards had stated as the result of his trials, that a warm atmosphere, saturated with water in a state of vapour, *excites a more active vital transpiration than dry air of the same or even of a higher temperature.*

To deny the value of a system in which forced perspiration plays the chief part, and yet extol the merits of a bath which brings on excessive sweating, looks like a contradiction; but none is really involved. The sweating is merely a coincidence. Though so profuse at first under the influence of the vapour bath, it lessens as the state of the skin improves, perhaps to the no small surprise of the patient, and by the time that the transpiration is brought to its proper level, the sebaceous secretion restored, and that the skin again feels soft and smooth, the sweating has been reduced to zero.

Above all things, sea-bathing is to be shunned when the skin is tender, and the reader may as well be told at once that, while there is not a single disease of the skin which is benefited by sea-bathing or sea-air, those affections, which are exasperated by both, are so numerous that they include nine-tenths of all those seen at the hospital, where it is quite common to see instances of the worst phase of cutaneous disorders in persons coming from the seaside, and to hear patients stating, of their own accord, that they have been worse ever since they went to the coast for a change. Perhaps saline baths are a shade worse than salt water, but they are seldom used except by persons who run after every form of quackery, and upon whom, therefore, all warning is thrown away.

Opinions are continually expressed about baths, which are so entirely unfounded that it is difficult to know how we are to speak of them, except by saying that they are not attested by one authentic fact. Such, for instance, is the statement that the turkish and Priesnitz baths will cure skin diseases, speaking generally; a belief for which there is not a particle of foundation. Sulphur fume baths will often cure itch, and sometimes liver stain, a peculiar variety of ringworm, or, strictly speaking, tinea. Occasionally, the turkish bath will cure a rare form of skin disease called prurigo. Beyond these there is not a single form of cutaneous affection known to myself which can be cured by any kind of bath; and eczema, which comprises quite one-third of all cases of skin disease, is, in its earlier stages, almost invariably



aggravated by every application of the kind. Equally unfounded is the belief that washing possesses the least curative power over ringworm and many similar complaints, in which it is resorted to as a remedy; all that it can do is to get rid of the crusts and thus facilitate the applying of topical means. Nor is there any better reason for thinking that dirt of itself favours the reception of those diseases; on the contrary, at least one author has expressed his surprise at ringworm being so much more common among the well-to-do than the poor. He did not take into consideration that children of the former class are often weakened by over-teaching and confinement; while the truant in the streets, dirty, half-starved and unkempt, still enjoys the advantage of being out all day in the open air, impure though such air may be. At the same time, it should be understood that the prevalent belief about washing opening the pores of the skin to the entry of diseases, is equally untenable. As to the Priesnitz system, I suppose no rational person, even in the inventor's native country, would treat skin disease nowadays by such a method. The cures effected by it were due to some such process of self-deception as has often led honest and clever men to extol, in the highest terms, systems condemned by later experience as worthless. With regard to the electrical and medicated baths, hydropathic systems, and so on, the slight amount of power they occasionally possess has been so entirely buried under a perfect cumulus of exaggerations, that they have fallen into unmerited disrepute. And very naturally. A sensible person, when told that such

baths cure such incurable diseases as epilepsy, asthma, and diabetes, properties distinctly claimed for them, would very likely distrust their power over slighter cases.

Lastly, with every account of baths comes the eternal history of the ancient baths, especially those at Rome: their magnificence and completeness, their lavish profusion of scents, their vast numbers, and so on. It would really be a variety if some one would occasionally tell us the truth about these things, with a little less of the theatrical tinsel. The roman baths were haunts of profligacy and idleness; infinitely less decent, less comfortable, and less adapted to their purpose than the turkish baths in England. Among the scents figure foxglove, lily, wild thyme, water-mint, and marjoram, every one of which, when rubbed on the skin, produces a most disagreeable smell. The experience of later ages has shown that anointing with oil, which formed a part of the system, was in no way necessary to health; common sense tells us that it was a filthy practice, and if Socrates really said—as he is reported to have done—that men should smell of oil, he simply showed that, in addition to being what most sensible persons in Athens considered him to be—a perverse, contradictory old nuisance, he was also an old pig. Till subsequent investigations verify them, the accounts about the numbers of the baths must go for nothing, seeing that there is scarcely an author of antiquity who can be trusted on such points, and most of them contain exaggerations which are only suited to the capacity of our credulous boyhood.

Patients labouring under sluggish action of the skin should take as much exercise as they well can, without, however, carrying the practice to the verge of exhaustion, as this simply wears down the strength without doing any good. For such reasons the daily walking pursued by some persons, with the view of keeping up the health, is often a mistake, and no improvement need be looked for till it is given up. Among other illustrations I may mention one which has just reached me from a patient on whose accuracy I can quite rely. He was suffering from exhaustion and disease of the skin, and had gone to the seaside, where he used to walk a long way every day to fish. Though he took tonics regularly, his weakness got no better and his skin disease—eczema—grew worse. By mere chance he heard of some fishing much nearer at hand, where there was better sport, and decided to try it. At the end of the first day he noticed that he was less weary. As the fishing quite answered his expectations he gave up his former long walk, and without change in either diet or medicines, and without there being any change in the weather, a point to which he was very attentive, his exhaustion disappeared almost immediately, and then, to his great surprise and gratification, the skin disease began to mend rapidly, and soon passed off entirely. Coupling with this the fact that, during the whole time the eczema was getting bad, the patient had been exposed to great fatigue, there can scarcely be a doubt that the latter factor had a good deal of influence on the course of the complaint.



But short of fatigue, a person afflicted with a skin complaint can scarcely take too much exercise of every kind except walking, a mode of exhausting the physical strength peculiar to civilized man, carried to the greater excess the more he becomes the creature of habit, and usually pursued most pertinaciously by the class least fitted to support it. As an occasional change it is excellent ; as a daily habit I have seen ample reason to think it highly injurious in many cases. Consequently, I always advise it should be resorted to with circumspection ; while as substitutes I would suggest, as far as is practicable, riding, cricket, bicycle riding, boating, dancing, and such like, all of course, to be followed out in a sensible way. Girls, especially, want a great deal more out-of-door exercise than they usually get, and a young lady would frequently be better employed, would stand a much better chance of keeping her brain and temper, her health and skin in good trim, if she were engaged in this way, than she does when over-taxing her constitution in trying to learn some accomplishment, which is most likely either utterly useless or else calculated to unfit her for both the duties and the pleasures of life. She need not be afraid of damaging her skin by tanning and freckling ; the one is a good sign, and freckles never yet spoiled beauty.

Although opinions are often stated confidently enough as to the difference in health and physical strength between our ancestors and ourselves, usually to the disadvantage of the latter, yet the fact is that much less, in the shape of certainties, has been made out than



to end, and whether all the evils, which this system of stifling might be supposed capable of averting, are to be compared with those which it engenders. As concerns the skin itself, the more efficiently such a method is carried out, the nearer is the structure brought to that state so often seen in the relaxing air of many parts of India and China, where, I have been assured, not one native in ten is quite free from disease of the skin. Perhaps when society succeeds to its inheritance of common sense, we shall revert to the more manly habits of our ancestors. The clean irish linen, pleasant to the touch and sweet to the smell, will, in summer at least, take the place of flannel, and men will look back upon the custom of assimilating the frame to the condition of a hothouse plant as a dangerous delusion, only fit to breed both in them and their offspring a host of fanciful ailments, nervous affections, and skin diseases.









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